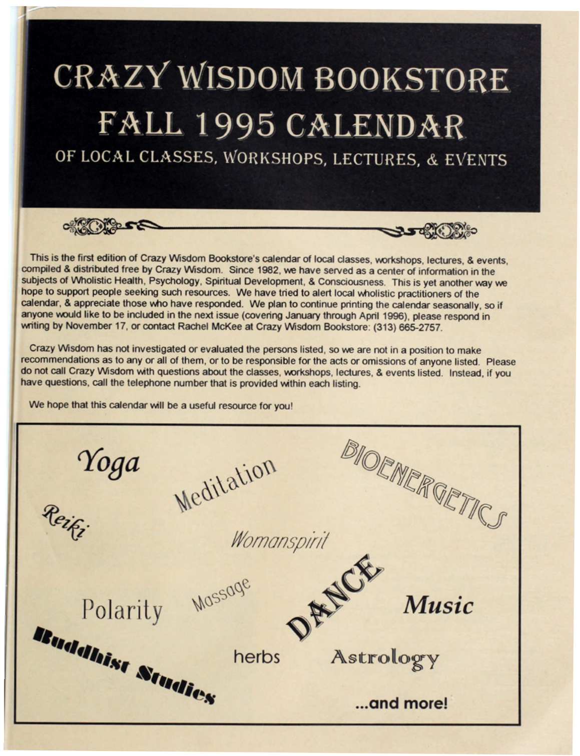
THE CRAZY WISDOM Calendars 1995 & 1996

Fall 1995 Calendar

Winter 1995 Calendar

MAY THROUGH AUGUST 1996 Calendar

SETPEMBER THROUGH DECEMBER 1996 Calendar

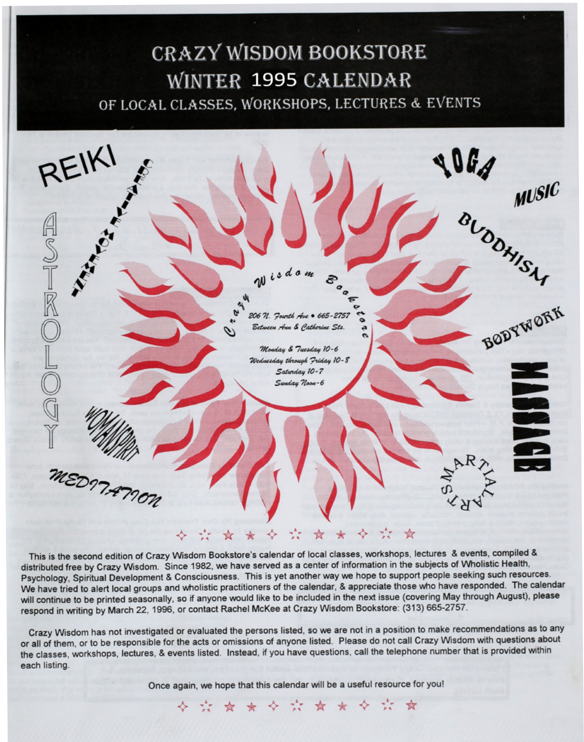


CRAZY WISDOM BOOKSTORE
FALL 1995 CALENDAR
OF LOCAL CLASSES, WORKSHOPS, LECTURES, & EVENTS

This is the first edition of Crazy Wisdom Bookstore's calendar of local classes, workshops, lectures, & events, compiled & distributed free by Crazy Wisdom. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Psychology, Spiritual Development, & Consciousness. This is yet another way we hope to support people seeking such resources. We have tried to alert local wholistic practitioners of the calendar, & appreciate those who have responded. We plan to continue printing the calendar seasonally, so if anyone would like to be included in the next issue (covering January through April 1996), please respond in writing by November 17, or contact Rachel McKee at Crazy Wisdom Bookstore: (313) 665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

We hope that this calendar will be a useful resource for you!



CRAZY WISDOM BOOKSTORE
WINTER 1995 CALENDAR
OF LOCAL CLASSES, WORKSHOPS, LECTURES & EVENTS

This is the second edition of Crazy Wisdom Bookstore's calendar of local classes, workshops, lectures & events, compiled & distributed free by Crazy Wisdom. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Psychology, Spiritual Development & Consciousness. This is yet another way we hope to support people seeking such resources. We have tried to alert local groups and wholistic practitioners of the calendar, & appreciate those who have responded. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering May through August), please respond in writing by March 22, 1996, or contact Rachel McKee at Crazy Wisdom Bookstore: (313) 665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

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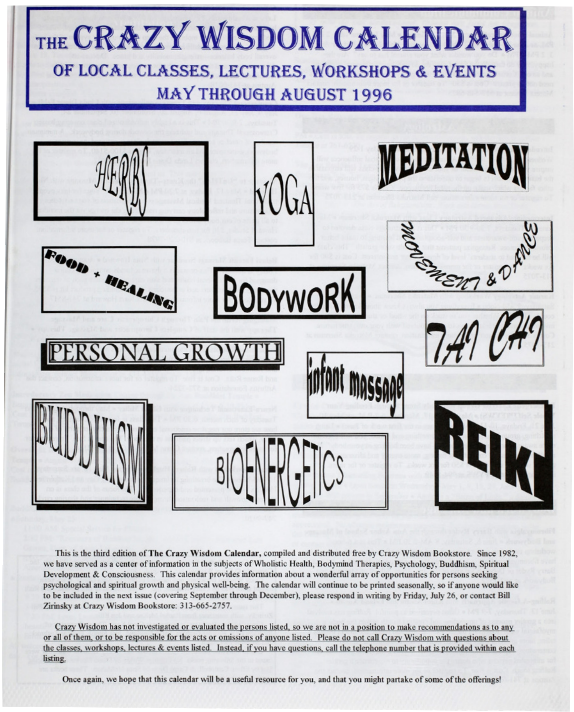
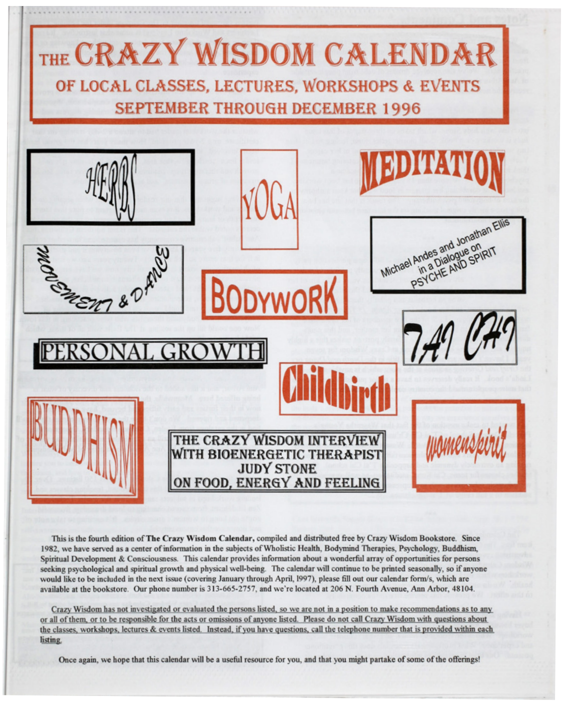


THE CRAZY WISDOM CALENDAR
OF LOCAL CLASSES, LECTURES, WORKSHOPS & EVENTS
MAY THROUGH AUGUST 1996

This is the third edition of **The Crazy Wisdom Calendar**, compiled and distributed free by Crazy Wisdom Bookstore. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Bodymind Therapies, Psychology, Buddhism, Spiritual Development & Consciousness. This calendar provides information about a wonderful array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering September through December), please respond in writing by Friday, July 26, or contact Bill Zirinsky at Crazy Wisdom Bookstore: 313-665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Once again, we hope that this calendar will be a useful resource for you, and that you might partake of some of the offerings!



THE CRAZY WISDOM CALENDAR
OF LOCAL CLASSES, LECTURES, WORKSHOPS & EVENTS
SEPTEMBER THROUGH DECEMBER 1996

This is the fourth edition of **The Crazy Wisdom Calendar**, compiled and distributed free by Crazy Wisdom Bookstore. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Bodymind Therapies, Psychology, Buddhism, Spiritual Development & Consciousness. This calendar provides information about a wonderful array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering January through April, 1997), please fill out our calendar form/s, which are available at the bookstore. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, 48104.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

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CRAZY WISDOM BOOKSTORE
FALL 1995 CALENDAR
OF LOCAL CLASSES, WORKSHOPS, LECTURES, & EVENTS

This is the first edition of Crazy Wisdom Bookstore's calendar of local classes, workshops, lectures, & events, compiled & distributed free by Crazy Wisdom. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Psychology, Spiritual Development, & Consciousness. This is yet another way we hope to support people seeking such resources. We have tried to alert local wholistic practitioners of the calendar, & appreciate those who have responded. We plan to continue printing the calendar seasonally, so if anyone would like to be included in the next issue (covering January through April 1996), please respond in writing by November 17, or contact Rachel McKee at Crazy Wisdom Bookstore: (313) 665-2757.

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We hope that this calendar will be a useful resource for you!

Yoga

Meditation

BIOENERGETICS

Reiki

Womanspirit

Massage

DANCE

Music

Polarity

Buddhist Studies

herbs

Astrology

...and more!

Richards at 995-2972.

***Vocalmotion** with **Jesse Richards** • Beginning September 12, 12 Tuesdays, 7:45-9 P.M.* • This class explores the synthesis of movement & sound, how sound empowers movement, vocal percussion, authentic sound with spontaneous motion, & a brief look into the traditional use of song & choreography as found in musical theater. Cost is $100. To register or for more information, call Jesse Richards at 995-2972.

***Free Singing Workshop on Chanting** with **Jesse Richards** • Tentative date: September 10, Sunday, 7-9 P.M. Call 995-2972 to confirm.* • Enrich the invaluable spiritual practice of chanting by learning basic vocal techniques. The workshop will also cover basic exercises for breathing & body awareness. This workshop is designed to be useful for people from all faiths & practices. The workshop will conclude with an uplifting 30 minute chant. Cost: free. For more information, call Jesse Richards at 995-2972.

***Songwriting** with **Kathy Moore** • September-December, bi-weekly, Thursday evenings at 7:30 P.M.* • All/No music backgrounds welcome. Required: enjoyment of music & interest in exploring it as a means of self-expression. The goal is to develop appreciation of music elements (rhythm, melody, harmony) as elements of communication. Cost is $20/session or $150 for 8 sessions if paid at registration. To register or for more information, call Kathy Moore at 668-8146 by September 1.

***Women's Circle of Sound for survivors of incest/childhood sexual abuse** with **Kathy Moore** • November-April, bi-weekly, Thursdays, 7:30 P.M.* • Using singing, vocal improvisation/expressions, drumming, music & imagery, & other music experiences, this small group brings together women survivors who wish to explore, share, & find healing through music. Finding voice & mutual support will be primary focus. All/No music backgrounds are welcome. Cost is $20/session, $220 for 12 sessions if paid at registration no later than October 12. To register or for more information, call Kathy Moore at 668-8146.

***Group Voice & Harmony** with **Kathy Moore** • Bi-weekly, Saturdays, 11 A.M.* • One-hour session, small group, with content focus on healthy & effective voice usage, ear training, creating harmony, & sharing songs. Cost is $20/session. This group is ongoing--call anytime to register. To register or for more information, call Kathy Moore at 668-8146.

Polarity

***Polarity Therapy I: Understanding & Using Healing Energy** with **Linda Feldt** • Begins October 5, 10 Thursdays* • Each class will include exercises, hands-on work, theory, & discussion of the uses of energy & healing. This class may be used towards registration by The American Polarity Association. Polarity therapy is an internationally known comprehensive approach to energetic healing, & teaches an integrated approach to resolving the imbalances of body, mind, & spirit. Cost is $100-$140 with a sliding scale. Register early as classes may fill or be canceled for low enrollment. A $10 deposit is required to register. To register or for more information, call Linda Feldt at 662-4902, or fax 662-5227, or e-mail: LindaDL@aol.com.

or • October 21, Saturday, 10 A.M.-5 P.M.
or • December 9, Saturday, 10 A.M.-5 P.M. • Reiki is an ancient, gentle, hands-on healing art. It relieves pain, reduc stress, & facilitates healing & personal growth. Level I class includes history of Reiki lineage, hands-on techniques for giving Reiki to yourself & others, individual initiation: empowerment through 4 specific attunements, & full certification. Cost is $150. To register or for more information, call Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

***Reiki Level II Class** with **Reiki Masters Suzy Wienckowski Nancy Steel** • September 17, Sunday, 10 A.M.-5 P.M.*
or • December 10, Sunday, 10 A.M.-5 P.M.
This class includes intensification of Reiki Energy, healing at a distance, & advanced certification. Cost is $500. To register or for more information, call Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

***Reiki Level I Workshop** with **Ray O. Golden** • October 1, Sunday, 9 A.M.-6 P.M.*
or • December 2, Saturday, 9 A.M.-6 P.M. • Reiki is a powerful, natural, non-invasive, easy to learn healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, & causal. In the Level I Workshop, the student receives attunements to the Reiki energy & learns to facilitate the healing of others, & in addition, learns self-healing techniques. Cost is $85, including manual & certificate if pre-registered a week in advance, $95 after that. To register or for more information, call Ray O. Golden at 663-6075 at the Center for Intuitive Health.

***Reiki Level II Workshop** with **Ray O. Golden** • November 25 & 26, Saturday 6 P.M.-10 P.M., Sunday 10 A.M.-4 P.M.* • In the level two workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques & powerful distance healing techniques. Cost is $150 if pre-registered a week in advance, $180 after that. To register or for more information, call Ray O. Golden at 663-6075 at the Center for Intuitive Health.

***Free Reiki Clinic** with **Reiki Masters Suzy Wienckowski** & **Nancy Steel** • October 18, Wednesday, Appointments from 8-9 P.M.*
or • *November 15, Wednesday, Appointments from 8-9 P.M.* • For an explanation of Reiki, please see the Reiki Level I listing. This clinic includes free 30-minute sessions with area practitioners followed by a discussion of Reiki with Reiki Masters Suzy Wienckowski & Nancy Steel. To reserve a space or for more information, call Nancy Steel at 996-2530.

Crazy Wisdom Bookstore

Monday & Tuesday 10 to 6
Wednesday through Friday 10 to 8
Saturday 10 to 6
Sunday Noon to 6

206 N. Fourth Avenue • 665-2757
Between Ann & Catherine Streets

Tarot

Introductory Tarot Circle *with* **Changing Women** • *September 12-October 17, Tuesdays, 6-8 P.M.* • Cost is $60-$80 with a sliding scale. To register or for more information, call Shunahsii Rose at 761-9148.

Continuing Tarot Circle *with* **Changing Women** • *September 12-October 17, Tuesdays, 8-10 P.M.* *or* • *November 7-December 12, Tuesdays, 7-9 P.M.* • Cost is $60-$80 with a sliding scale. To register or for more information, call Shunahsii Rose at 761-9148.

Therapy/Support Groups

Therapy/Support Group *with* **Michael Andes, MSW** & **Rochelle Kostant, MSW** • *Thursday evenings beginning in the fall, 7-9 P.M.* • This group will focus on interpersonal process, relationship & life-transition issues. Cost is $50/session with some scholarships available. For more information, call Michael at 662-5215 or Rochelle at 769-?272.

Whole Foods Cooking

Whole Foods Cooking Class Series *with* **Judy Stone**

Good Grains • *October 5, Thursday, 6:30 -9:30 P.M.* • This is the first class in a six class series intending to teach the basics of whole foods preparation. Classes use organic food when possible, no animal products, & include recipe folder, reference information, & sampling. This class will teach basic techniques, including pressure cooking, for preparing several types of grains. Cost is $40/class with discounts available for series, or enrolling with a friend new to Feeding Your Whole Self. To register or for more information, call Feeding Your Whole Self at 994-5549 after August 20.

Bean Cuisine • *October 12, Thursday, 6:30-9:30 P.M.* • This class is the second in a series but may be taken individually. Learn how to prepare delicious, lowfat, & gasless bean dishes with the many varieties of beans we have available to us.

Tofu Magic • *October 19, Thursday, 6:30-9:30 P.M.* • Tofu is an excellent source of protein & quite versatile in its uses. Come learn several ways to create meat & dairy free entrees, soup, & dessert.

Vegetables Land & Sea • *October 26, Thursday, 6:30-9:30 P.M.* • In this class you will learn cutting techniques & how to prepare a variety of vegetables using baking, quick boiling, sautéing, & pickling.

Soups for the Soul • *November 2, Thursday, 6:30-9:30 P.M.* • Soup offers the possibility of a complete & nourishing meal, a light snack, or the prelude for the meal to come. Learn to make stock & several varieties of soup from light to heavy, all with minimal or no added fat.

Surprising Seitan & Tempting Tempeh • *November 9, Thursday, 6:30-9:30 P.M.* • Tempeh & seitan are less commonly known meat alternatives. Tonight you learn what they are, how they are used, & we will prepare dishes using each of them.

Kids in the Kitchen Cooking Class *with* **Judy Stone**

Orange You Glad It's Fall? • *November 4, Saturday, 10 A.M.-Noon* • This month's class will teach kids basic safety & cooking skills as they have fun learning about whole foods preparing simple recipes using pumpkin & squash. No animal products. Ages 6-10. Cost is $15. To register or for more information, call Feeding Your Whole Self at 994-5549 after August 20.

Holiday Cookies • *December 9, Saturday, 10 A.M.-Noon* • In this month's class, kids will have fun baking & decorating holiday cookies made from healthy ingredients, while learning

Through Ann Arbor Public School Community Education & Recreation: Cost is $45 for Ann Arbor residents, $54 for non-residents. To register or for more information, contact the YMCA at 663-0536 or in person at 350 S. Fifth Ave, Ann Arbor.

•***Level I:*** *September 26-December 5, Tuesdays, 9-10:30 A.M. or September 28-December 7, Thursdays, 5:45-7:15 P.M., or September 30-December 9, Saturdays, 9:30-11 A.M.*

•***Level II:*** *September 28-December 7, Thursdays, 9-10:30 A.M.*

At North Campus Commons: Cost is $40 for 6 weeks. To register or for more information, call 764-7544.

•***Level I:*** *October 4-November 8, Wednesdays, 8-9:30 P.M.*

Yoga Course *with* **Sukha Murray** *through the* **Zen Buddhist Temple** • *Beginning September 12, 6 Tuesdays, 7:30-9:00 P.M.*
or • *Beginning October 31, 6 Tuesdays, 7:30-9 P.M.* •
This course is an introduction to traditional yoga postures, breathing, relaxation, & concentration, a meditative approach for new students & also those with experience. Cost is $50. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Yoga Level I *with* **Cathy King** *through* **Inward Bound Yoga Program** • *September 12-October 31, Tuesdays, 7:30-9 P.M.* • Designed for students new to yoga & focuses on basic standing, lying & sitting postures with introduction to breath awareness. Also suitable for students recovering from injury or illness who require a gentler approach to the postures. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Cathy King at (517) 592-8017.

Yoga Level I-II *with* **Cathy King** *through* **Inward Bound Yoga Program** • *September 11-October 30, Mondays, 6-7:30 P.M.* • Continued exploration of beginning postures while building strength & stamina. Beginning inversions are introduced. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Cathy King at (517) 592-8017.

Yoga Level II *with* **Lynette Smith** *through* **Inward Bound Yoga Program** • *September 13-November 1, Wednesdays, 6-7:30 P.M.* • Refinement of basic postures with emphasis on all the standing poses. Includes work on inversions & backbends. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Lynette Smith at 995-0741.

Yoga Level II-III *with* **Cathy King** *through* **Inward Bound Yoga Program** • *September 11-October 30, Mondays, 4-4:45 P.M.* • For continuing students with working knowledge of yoga fundamentals. Explores a wider range of inversions & backbends. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Cathy King at (517) 592-8017.

Yoga Level III *with* **Martha Laatsch** *through* **Inward Bound Yoga Program** • *September 12-October 31, Tuesdays, 5:30-7:15 P.M.* • For students prepared to work more intensely in forward bends, twists & backbends. Develops stamina in the inverted poses. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Martha Laatsch at 483-6340.

Posture Series to Sacred Music *with* **Barb Linderman** *through* **Inward Bound Yoga Program** • *September 13-*

***FELDENKRAIS® Movement Clinic for Equestrians** with **Nancy Denenberg** • October 8, Sunday 1-4 P.M. •* This participatory workshop will refine your movement so that you can feel greater ease & control on your horse. FELDENKRAIS® lessons involving subtle, easy movements for people have been used very successfully in Linda Tellington-Jones' Team Touch equestrian classes. Limited number of horses will be available for riding. Cost is $45 pre-registration, $50 late registration. To pre-register, send check to Nancy Denenberg, 139 Laurin Dr., Ann Arbor, 48105 by October 1. For more information, call Nancy at 761-1514.

Food & Healing

***Understanding Energy in Your Relationship With Food** with **Judy Stone** • September 22, Thursday •* Judy Stone, MSW & Director of Feeding Your Whole Self, will be speaking about the energetics of food & the energetic basis of emotion, & how the two interact in our relationship with food. Suggested donation of $2. To pre-register or for more information, call Feeding Your Whole Self at 994-5549 after August 20.

***Diet For the Soul Level I** with **Judy Stone** • October 23-December 11, Mondays, 7:30-9:30 P.M. •* This group will provide support & education for moving from a compulsive, out of balance relationship with food to one which is more harmonious & intuitively guided. We will cover the energetics of food, shifting from a head-centered to a body-centered framework, & finding self compassion in a fat phobic society. Cost is $30/session. An introductory session is required for which there is a charge. To register or for more information, call Feeding Your Whole Self at 994-5549 after August 20.

Health & Healing

***Lectures at Lifetouch Chiropractic** with **Stephen McLean** & **Rob Koliner** • Monday evenings, 8-10 P.M.; Tuesday evenings, 8-9:30 P.M.; Wednesday evenings, 8-10 P.M. •* Varied topics related to health & healing are discussed by different speakers each week, including introduction of Network Spinal Analysis & the healing power of awareness, breathing, & movement. Experiential. No charge. For more information, call Lifetouch Chiropractic at 668-6110.

***The Wise Woman Tradition & the Nature of Healing** with **Linda Feldt** • Beginning September 13, 8 Wednesdays •* This is a highly participatory class exploring ritual, nourishment, trancework, music, plants, & more. Each class covers an aspect of the Wise Woman Tradition, the oldest healing tradition known. Cost is $80-$120 with a sliding scale. Register early as classes may fill or be canceled for low enrollment. A $10 deposit is required to register. To register or for more information, call Linda Feldt at 662-4902, or fax 662-5227, or e-mail: LindaDL@aol.com.

Herbs

***One Year Herb Class** with **Linda Feldt** • Ongoing, third Tuesday of each month •* Classes may be taken individually. Upcoming topics include: Herbal First Aid for Adults & Children, Using Herbs for the Transition of Menopause, Herbal Allies to Support & Nourish the Immune System, Talking to Plants (and how to avoid the impression of lunacy), Herbal Allies for Pleasure, Addictions, & Habits. Cost is $5-$15 per class with a sliding scale. To register or for more information, call Linda Feldt at 662-4902, or fax 662-5227, or e-mail: LindaDL@aol.com.

Home Health Care

***Vaccinations: Concerns & Alternatives** with **Patty Brennan** • November 4, Saturday, 9 A.M.-Noon •* Discussion centers on common childhood diseases & vaccines. Topics include vaccine effectiveness, known risks of the illness vs. vaccine risks, possible unknown risks & the immune system, &, especially, alternatives to vaccines. Cost is $30, $75 if taken with Children's Home Health Care Class on November 11. To register or for more information, call Patty Brennan at 663-1523.

***Children's Home Health Care** with **Patty Brennan** • November 11, Saturday, 9 A.M.-3 P.M. •* In-depth workshop focuses on herbal & homeopathic remedies for common acute illness & first-aid crises in children. We will consider treatments for fevers, ear infections, colds & flu, teething difficulties, behavioral problems, & more. Cost is $60, $75 if taken with Vaccinations class on November 4. To register or for more information, call Patty Brennan at 663-1523.

Homeopathy

***Introduction to Homeopathy: Basic Home Health Care for Families** with **Patty Brennan** • September 30-October 14, Saturdays, 9 A.M.-Noon •* This class enables the lay person to treat common first-aid crises & acute illness at home. We will discuss the concepts of vital force, the meaning of symptoms, & how the body cures itself. Practical concerns, such as the basics of case-taking & use of resources will be emphasized. Cost is $90. To register or for more information, call Patty Brennan at 663-1523.

Massage

***Infant Massage Class** with **Audrey Simon** • runs 4 weeks, meets weekly, 10:30 A.M.-2 P.M.; new classes begin monthly. Dates are flexible to plan around parents' schedules. •* Parents or caregivers learn to massage infants (3 weeks old to crawling) to enhance bond & loving relationship. Cost is $85 & includes handbook, bottle of oil, & handouts. To register or for more information, call Audrey Simon at 741-9706.

Meditation

***Introductory Meditation Course** with **Sukha Murray** through the **Zen Buddhist Temple** • Beginning September 14, 5 Thursdays, 6:30-8:30 P.M.*
or • Beginning November 2, 5 Thursday meetings, 6:30-8:30 P.M.
The viewpoint of Zen is that life lived fully in each moment is the end & purpose in itself & not the means for something else. Students learn posture, working with the breath, concentration, & meditation in order to nurture greater awareness, peace of mind, & self-acceptance. Cost is $120, or $100 for students & the unwaged. To register or for more information, call the Zen Buddhist Temple at 761-6520.

***Day of Meditation** with **Barbara Brodsky** • September 23, Saturday •* This gathering is for advanced students only & focuses on the practice of vipassana & dzogchen meditation. No basic instruction will be offered. New students should enroll in meditation class (see Insight Meditation Classes) or take Angels in Earthsuits workshop on October 21. A $5 fee/donation may be offered to Barbara. For more information, call Barbara Brodsky at 971-3455.

Astrology

***Introduction to Astrology** with **Linda Feldt** • Beginning November 8, 5 weeks* • A beginning class covering the meanings of the planets & the houses, chart interpretation, aspects, synastry, Lilith, & the uses & misuses of astrology. Individual charts are provided & included in the class cost. Cost is $40-$80 with a sliding scale. Register early as classes may fill or be canceled for low enrollment. A $10 deposit is required to register. To register or for more information, call Linda Feldt at 662-4902, or fax 662-5227, or e-mail: LindaDL@aol.com.

Bioenergetics

***Bioenergetic Exercise Class** with **Judy Stone** • September 11-October 16, Mondays*
or • November 16-December 11, Mondays • Using stretching, grounding, & work with breathing & sound, you will become more aware of & release tension you have been holding in your body. The result is an increased capacity for feeling, more energy & aliveness, & a greater sense of self. Cost is $50 for six weeks. To register or for more information, call Judy Stone at 996-0761 after August 20.

Buddhist Studies

***Life of the Buddha Lecture Series** with **Sukha Murray** • Beginning October 9 or 10, 5 Monday or Tuesday evenings, 7-9 P.M.* • A series of 5 lectures on the life of the Buddha, his early years, renunciation, training, enlightenment, & ministry. Cost is $65. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Channeled Teaching

***Seth Series on Male- Female Relationships** with the **Ann Arbor Practical Psychic Institute** • September 15, October 27, & December 1, Fridays, 7:30-9:30 P.M.* • A series of three lectures that features John Friedlander channeling Seth. Lectures may be attended separately at a cost of $10 each. For more information, call Julia King at 761-6999 or Ray O. Golden at 663-6075.

***Angels in Earthsuits** with **Aaron,** Channeled by **Barbara Brodsky** • October 21, Saturday, One-day workshop* • Aaron calls us "angels in earthsuits." How do we live our "angelness," or manifest the divine aspect of ourselves, while staying balanced in our "earthsuits," working with love & skill with the myriad catalysts of our lives. This workshop is limited to 10 & costs $50. To register, send a check to Barbara Brodsky, 3455 Charing Cross, Ann Arbor, 48108. For more information, call Barbara Brodsky at 971-3455.

***Channeled Spiritual Discussion Group** with **Aaron,** Channeled by **Barbara Brodsky** • Every Wednesday from 7:30-10 P.M.* • This is an ongoing program with a lecture by Aaron, a break, & then a question period. You are welcome to come occasionally or regularly. Material taught does build upon itself from week to week, but newcomers are always welcome. No fee, but donations are appreciated. No advance registration necessary. For more information, call Barbara Brodsky at 971-3455.

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Instead, if you have questions, call the telephone number that is provided within each listing.

Childbirth Preparation

***Childbirth Preparation Class** with **Patty Brennan** • September 5-October 10, Tuesdays, 7-9:15 P.M.*
or • November 7-December 12, Tuesdays, 7-9:15 P.M. • This six-week series prepares women and their partners for birth in a variety of settings. Emphasis is placed on developing confidence in the body's abilities, optimal prenatal care, labor support techniques, alternatives to drugs, cesarean prevention, and the baby's needs. Pre-registration is required. Cost is $150 for woman and partner. To sign up or for more information, call Patty Brennan at 663-1523.

Creative Integration

***Creative Integration: Working With the Energies of the Body & Imagination** with **Elizabeth Alberda and Judith Michaels** • September 30, Saturday, 9-5 P.M.* • Open to men & women who honor & enjoy the human body as a temple. The intention is to bring the energy of the daily life into soul making, to bring the historical self into the infinite self, to play with our human body as a temple for our soul, to open into the Mystery in this gathering, & to be responsible for your own energy. After this gathering, those who want to make a commitment to a year's work will have the opportunity to meet 7 more times, September-May, with no meeting in December. Cost is $125. To register or for more information, call Elizabeth at 663-5457 or Judith at (810) 385-5454.

Dance & Movement

***Earth Dance** with **Jesse Richards: Beginner & Advanced Beginner** •: Beginning September 12, 12 Tuesdays, 6:30-7:45 P.M.; **Intermediate Level** • Beginning September 13, 12 Wednesdays, 6:45-8 P.M.* • This class combines jazz with African based movement, martial arts, & ballet. It's an exciting & energetic dance style which develops a deep sense of strength, alignment, & the joy of moving. Students in the intermediate level must have some dance experience or have taken beginner's Earth Dance. Cost is $100. To register or for more information, call Jesse Richards at 995-2972.

***Dancing Awake the Dream** with **Jesse Richards** • Beginning September 20, 9 Wednesdays, 8:30-10 P.M.* • Within each of us exists unique dance & song pouring out from the spirit & heart, longing to express itself through the body. This innate music & dance has tremendous healing & awakening potential. Jesse Richards uses guided visualization, evocative & relaxing music, art, group sharing, & 14 years of teaching experience to take students on a safe & very personal journey of self-discovery as they dance awake the dream. Cost is $135. To register or for more information, call Jesse Richards at 995-2972.

FELDENKRAIS®

***FELDENKRAIS Awareness Through Movement® Clinic fo Martial Artists** with **Nancy Denenberg** • September 16, Saturday, 2-5 P.M.*
or • November 12, Saturday, 2-5 P.M. • This participatory movement workshop will address movement patterns basic the martial arts. These subtle, easy movement lessons hav the surprising effect of decreasing stiffness, increasing ease & improving coordination. You may attend either or both of the fall workshops led by Nancy Denenberg. Cost is $25 pr registration, non-members; $30 at the door (call for membe rates). To pre-register, send check to Nancy Denenberg, 13 Laurin Dr., Ann Arbor, 48105 by September 10, or Novemb 5. For more information, call Nancy at 761-1514.

Meditation *cont'd*

Insight Meditation Class *with* ***Barbara Brodsky*** *• September 25, October 2, 9, 23, November 6, 20, December 4, 18, January 8, 22. 10 Mondays, 7-10 P.M.•* Insight Meditation is a simple & direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness. We balance insight practice with a deepening awareness of our true nature, not as something which we strive to manifest, but as that which is eternal & is present now. Suggested donation is $100. To register, send $50 deposit or full payment to Barbara Brodsky, 3455 Charing Cross, Ann Arbor, 48108. Class is strictly limited to 24, so early registration is suggested. No one will be denied participation for financial reasons. For more information, call Barbara Brodsky at 971-3455.

Intense Meditation Retreat--Yongmaeng Chongjin *with* ***Sukha Murray*** *through the* ***Zen Buddhist Temple*** *• October 5-8, Thursday P.M.-Sunday 9 A.M. •* Days of walking & sitting meditation, vegetarian meals, simple manual work with emphasis on concentration, learning to trust ourselves, discovering wisdom mind, & compassionate heart, & living fully in the present moment. Encouragement talks & individual guidance. Cost is $140. To register or for more information, call the Zen Buddhist Temple at 761-6520.

One-Day Retreat *with* ***Sukha Murray*** *through the* ***Zen Buddhist Temple*** *• October 27-28, Friday 7 P.M.-Saturday 5 P.M.*
or • November 17-18, Friday 7 P.M.- Saturday 5 P.M. • Cost is $50. See above Intense Meditation Retreat listing for description. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Residential Meditation Retreat *with* ***Barbara Brodsky, Aaron, & John Orr*** *• November 3-5, Friday night to Sunday afternoon •* This retreat will take place at Emrich retreat center near Brighton. Please see Insight Meditation listing above for information on the form of meditation that will be explored. $140 covers the cost of the center, & teachers offer the retreat on a donation basis. For more information, call Barbara at 971-3455.

Overnight Introductory Meditation Course *with* ***Sukha Murray*** *through the* ***Zen Buddhist Temple*** *• December 1-2, Friday 6:30 P.M.-Saturday 4 P.M.•* Cost is $140. See above Intense Meditation Retreat listing for description. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Intense Meditation Retreat--Yongmaeng Chongjin *with* ***Sukha Murray*** *through the* ***Zen Buddhist Temple*** *• December 26-31 •* In Toronto & Chicago. Cost is $200. See above Intense Meditation Retreat listing for description. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Introduction to Insight Meditation *with* ***Deep Spring Center Senior Students*** *• A series of 3-week classes or 1-day Saturday class offered throughout the fall •* These are introductory classes exploring Insight Meditation. Please see Insight Meditation listing above for information on the form of meditation that will be explored. Pre-register to fall semester class. For more information, call 971-3455.

Music

Mixed Level Group Singing Class *with* ***Jesse Richards*** *•*
Beginning September 16, 10 Saturdays, 10:30 A.M.-Noon •

Psychic Development

Practical Psychic 1: Grounding, Personal Meditation, & Healing *with the* ***Ann Arbor Practical Psychic Institute*** *• September 6-October 4, Wednesdays, 7:30-9:30 P.M.*
or • September 29-30, Friday 7-10 P.M., Saturday, 10-5 P.M
or • October 7-8, Saturday & Sunday 10 A.M.-4 P.M.
or • October 20-21, Friday 7-10 P.M.; Saturday 10 A.M.-5 P.M.
or • November 1-December 6, Wednesdays, 7:30-9:30 P.M.
or • November 4-5, Saturday & Sunday 10 A.M.-4 P.M.
or • November 24-25, Friday 7-10 P.M.; Saturday 10 A.M.-5 P.M.•
In this course, you will learn simple & powerful techniques t begin to see, ground, & heal your psychic & emotional spac aura, & chakras. Cost is $149 or $129 if paid 2 weeks in advance, or $119 if you bring 3 or more friends. To registe or for more information, call Julia King at 761-6999 or Ray Golden at 663-6075.

Practical Psychic 2: Deepening Awareness & Skills *with the* ***Ann Arbor Practical Psychic Institute*** *• October 28-2 Saturday & Sunday, 10 A.M.-4 P.M.*
or • November 6-December 4, Mondays, 7:30-9:30 P.M.•
Learn to recognize & heal layers of the aura. Connect with one of your healing guides to do healings. Cost is $175. T register or for more information, call Julia King at 761-699 Ray O. Golden at 663-6075.

Practical Psychic 3: Putting It All Together *with the* ***Ann Arbor Practical Psychic Institute*** *• November 17-19, Frid 7-10 P.M.; Saturday & Sunday 10 A.M.-4 P.M.•*
Read auras & do professional quality clairvoyant readings. Learn to communicate directly with guides. Cost is $195. register or for more information, call Julia King at 761-699 Ray O. Golden at 663-6075.

Practical Psychic 4: Channeling *with the* ***Ann Arbor Practical Psychic Institute*** *• September 22-24, Friday 7- P.M., Saturday & Sunday 10 A.M.-4 P.M.*
or • December 8-10, Friday 7-10 P.M., Saturday & Sunda 10-4 P.M. • Learn to safely become a conscious channel, using a technical system as your foundation. Cost is $19 To register or for more information, call Julia King at 761-6999 or Ray O. Golden at 663-6075.

Psychodrama

Empatheatre Training: Group Therapy using Psychodr *with* ***Sara Schreiber, Ph.D.*** *• dates to be announced •* Empatheatre offers a confirmation of process. Group therapy, using psychodrama & drama therapy is a heali productive process. We offer you ways to use this proce your work, your relationships, & your play as well. Week workshops cost $325; 5-day intensive workshops cost $5 All-day workshops cost $125. For dates and other information, call Sara Schreiber at 913-9733 or 662-1450.

Empatheatre *with* ***Sara Schreiber, Ph.D.*** *• monthly performances at Kerrytown Concert House•* Ann Arbor's improvisational theatre where the audience writes out situations the evening of the performance. Admission is $6 for seniors & students. If you are interested in learnin about Empatheatre or being in the troupe, please call Sa Schreiber at 913-9733 or 662-1450. In order to be a wor member of the troupe, you need to attend the weekend intensives (see above listing) & work with the troupe for months, learning the basics of psychodrama, drama the & improvisation.

***V**jetarian Thanksgiving Cooking Class: Thanksgiving a T**key Could Celebrate* with **Judy Stone** • *November 17, F**day, 7-10 P.M.* • Tonight's class will feature luscious & fe**tive meatless dishes perfect for Thanksgiving & the u**coming holiday season. No animal products. Class i**udes recipe folder, reference information, & sampling. C**st is $40, discount for enrolling with a friend new to F**eding Your Whole Self. To register or for more i**ormation, call Feeding Your Whole Self at 994-5549 after A**gust 20.

Vomanspirit

***H**lloween Ritual Celebration For Womyn* • *October 27, F**day, 10 P.M.* • A large community gathering in Ann Arbor f**cilitated by Lindsay Forbes & Shunahsii Rose. Cost is $10. F**r more information, call Shunahsii at 761-9148.

***eep Magic & Winter Wisdom** with **Changing Womon** • **ctober 28-29, Saturday & Sunday, 11 A.M.- 6 P.M.* • This **rkshop will explore in depth seasonal themes, divination, **cestral reverence, shadow work, & more. Cost is $125- 75 with a sliding scale. For more information, call **unahsii at 761-9148.

***/omyn's Sacred Blood Mysteries: Exploring Womyn's ites of Passage** with **Changing Womon** • *November 6- ecember 18, 7 Mondays, 7-10 P.M.* • A powerful initiation to the Divine Feminine through story, song, study, magick, ceremony. Cost is $160-$210 with a sliding scale. For **ore information, call Shunahsii at 761-9148.

***olsticetide Magick: Weekend Intensive** with **Shekhinah lountainwater** through **Changing Womon** • *December 16 & 7, Saturday & Sunday, 11 A.M.-6 P.M.* • A magical blend of **itch witchery, myth-making, music, & overall revolution. **ost is $125-$175 with a sliding scale. For more information, **all Shunahsii at 761-9148.

Yoga

yengar Yoga Classes** with **David Rosenberg
**evelop strength, flexibility, & balance using beginning yoga. **mphasis is on correct alignment in poses & learning the **asic poses first. Work will be done in bare feet, preferably in **horts and T-shirt.

Through the Ann Arbor YMCA: Cost is $50 for 7 weeks. **o register or for more information, call Sheri Adams at 994- **300 ext. 233, or pick up a catalogue at your local Ann Arbor **ublic library branch.

• ***Earlybird Levels I & II*** *September 12-October 24, uesdays, 7:15-8:15 A.M.*

• ***Level I:*** *September 14-October 26, Thursdays, 4-5:30*

• ***Level II:*** *September 17-October 29, Sundays, 12:30-2 .M.*

> Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed.
> Instead, if you have questions, call the telephone number that is provided within each listing.

Especially appropriate as a supplement to a regular yoga class. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, call Barb Linderman at 971-8562.

***Aerobic Yoga** with **Jonathan Tyman** through **Inward Bound Yoga Program** • September 16-November 4, Saturdays, 8:15-10 A.M.* • A challenging sequence of postures that builds endurance with sun salutations & continuous movement through standing poses, backbends, forward bends, & inversions. Bring a towel. Cost is $7 per class on a drop-in basis. To register or for more information, call Jonathan Tyman at 996-4549.

***Introduction to Aerobic Yoga** with **Cathy King** through **Inward Bound Yoga Program** • Beginning September 16, 6 Saturdays, 10:15-11:45 A.M.* • A preparatory class for Aerobic Yoga. All sequences & poses covered in Aerobic Yoga will be taught with emphasis on building strength. Cost is $42. To register or for more information, call Cathy King at (517) 592-8017.

Crazy Wisdom Bookstore Lecture Series

***An Evening of Music-Making For Body, Mind, & Spirit** with **Norma Gentile** through the **Crazy Wisdom Lecture Series** • September 22, Friday, 8-9:30 P.M.* • Bring a pillow to sit on as we spend time chanting together & listening to music of the distant past. Norma specializes in creating sound that intensifies & releases patterns of energy. Tonight she'll be using music of the 12th century mystic Hildegard of Bingen as well as improvising chants & leading the group in an experience of Sound Creation. Tea served at 7:30. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. Suggested donation of $3. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

***An Evening of Healing** with **Dr. Stephen McLean** through the **Crazy Wisdom Lecture Series** • October 20, Friday, 8-9:30 P.M.* Dr. Stephen McLean will present an evening of healing utilizing breath, movement, & awareness. This will be an experiential lecture of group dialogue & healing exercises, so bring your consciousness, lungs, bodies, & life force! Stephen has been practicing chiropractic in Ann Arbor for 15 years & has focused on the healing process & network chiropractic for the past 2 and a half years. Tea served at 7:30. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. Suggested donation of $3. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

***Balancing the Male & Female Within** with **Sandra Bunnell** through the **Crazy Wisdom Lecture Series** • November 17, Friday, 8-9:30 P.M.* • Sandra Bunnell, psychic, artist, & business woman, will lead us in a series of exercises designed to bring the powerful inner male & female into harmony & balance. Questions addressed will be: What is female energy? What is male energy? Why do we need both? Tea served at 7:30. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. Suggested donation of $3. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

To be considered for our lecture series, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757

Teachers, Lecturers, & Workshop Leaders

Elizabeth Alberda has done 10 years of personal work in Bioenergetics, 4 in Bioenergetic training, 3 in shamanic healing, 3 in Jungian dream work, & 2 in the Mystery School. She has taught & written literature for 20 years, worked with others in Creative Integration, & taught the archetypal realms for women.

Michael Andes, MSW, has been in private practice in Ann Arbor for 25 years, and is an alternative therapist who uses teachings from Native American & other traditions. He has led numerous retreats & workshops for men, but also works with couples.

Ann Arbor Practical Psychic Institute Faculty includes: John Friedlander, a nationally known psychic teacher, reader, channeler, & co-author of The Practical Psychic,. He also studied with Lewis Bostwick, founder of the Berkeley Psychic Institute, & he was part of the original Jane Roberts Seth group; ***Donna Ryan***, a psychic reader & channeler who studied with John Friedlander & has consulted in private practice for the past 10 years; ***Diane Evans***, a psychic & channeler who is NLP certified with a focus in belief identification and modification; ***Ray O. Golden*** MSE, Reiki Master who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling; ***Julia King*** who focuses on vibrational medicine, subtle energy healing, psychic reading & channeling; & ***Sue Remington***, an artist & public school teacher who has studied astrology extensively & teaches Tai Chi.

Patty Brennan is a midwife & health educator who has specialized in home health care for the past 12 years.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron.

Changing Womon consists of ***Shunahsii Rose,*** who was born into a family who honored earth based practices, & has been a serious student of earth based studies for 15 years. She is starting her 6th year of business in the fall of 1995, & also has 11 years of professional reading experience; & ***Lindsay Forbes*** whose teachings are a blend of modern Dianic witchcraft & shamanic priestessing in the tradition of the pre-Celtic British Isles. She holds a Bachelor's degree in psychology & philosophy, & will receive her Master's degree in Women's Studies in December 1995.

Deep Spring Center please see Barbara Brodsky.

Nancy Denenberg has been teaching FELDENKRAIS Awareness Through Movement® classes for 10 years. Her recent work has addressed the special concerns of equestrians, martial artists, & visual artists.

Linda Feldt is a Holistic Health Practitioner now in her fifteenth year of full-time private practice. Linda has been a student & teacher of the healing arts for more than 20 years, beginning her studies at the age of 14. She has received formal qualifications in a number of different fields including Registered Polarity Practitioner, Nationally Certified in Therapeutic Massage & Bodywork, Certified Massage Therapist, an apprenticeship with Susan S. Weed in herbology, & training with John Upledger, D.O. in Craniosacral Therapy. Linda is a board member & Treasurer of the American Polarity Association.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, & is also a teacher with the Ann Arbor Practical Psychic Institute.

*Inward Bound consists of **Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series.*

Rob Koliner, DC, is a doctor of Chiropractic using Network Spinal Analysis. (NSA is predominantly a light force adjusting system used to clear the nervous system of interference. When the brain can communicate with every cell of the body, the body functions at a higher level, spiritually, emotionally, & physically).

Rochelle Kostant, MSW, is a clinical social worker, & licensed marriage & family therapist. She has worked with adults & adolescents for the past 16 years, providing group, individual, & family therapy. She has also worked for local hospitals & is in private practice.

Dr. Stephen McLean graduated from Palmer College of Chiropractic in 1980. He has practiced in Ann Arbor 15 years. He is a student of Donald Epstein, DC, founder of Network Chiropractic.

Judith Michaels has been a teacher of dance for 12 years & a student of yoga for 20 years. She is a certified massage & Reiki therapist.

Kathy Moore is a vocalist, & has taught voice for 15 years. She is a music therapist with a BA in psychology and a BS in music, a member of the American Association for Music Therapy, & the Music Imagery Association. In addition, she has been a lecturer in music theory & composition at the U of M Residential College.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization & has been teaching for 20 years. She has been a Dharma Teacher & the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation & led retreats locally & in Toronto & Chicago in a variety of settings

John Orr was a Buddhist monk in Thailand for 10 years, & now teaches throughout the U.S. He lives in Durham, N.C., where he is on the staff of Duke University.

Jesse Richards is a teacher & workshop leader. Her background includes the studies of voice, dance, theater, therapeutic healing techniques, & spirituality. She has been teaching for 14 years, as well as teaching workshops throughout the Midwest. She tours nationally as a performance & recording artist, & has released 8 albums of original music.

David Rosenberg is a certified Iyengar yoga teacher who feels he brings humor & sensibility to his classes.

Audrey Simon has been a massage therapist for 18 years. She is in private practice, & is a certified infant massage instructor.

Nancy Steel is a Reiki Master & practitioner who has 20 years of experience teaching all ages. Nancy & Suzy Wienckowski teach traditional Ursui Shiki Ryoho Reiki & are members of the Reiki Alliance.

Judy Stone is a psychotherapist certified in Bioenergetic Analysis. She has been in practice for 13 years & leading exercise groups for 10 years. She is also a Whole Foods educator & cooking instructor. For the past 15 years, she has been developing an energetic paradigm & program for working on relationship with food issues. She also directs Feeding Your Whole Self, a wholistic program for transforming your relationship with food.

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 15 years of experience in the bodywork field.

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CRAZY WISDOM BOOKSTORE
WINTER 1995 CALENDAR
OF LOCAL CLASSES, WORKSHOPS, LECTURES & EVENTS

This is the second edition of Crazy Wisdom Bookstore's calendar of local classes, workshops, lectures & events, compiled & distributed free by Crazy Wisdom. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Psychology, Spiritual Development & Consciousness. This is yet another way we hope to support people seeking such resources. We have tried to alert local groups and wholistic practitioners of the calendar, & appreciate those who have responded. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering May through August), please respond in writing by March 22, 1996, or contact Rachel McKee at Crazy Wisdom Bookstore: (313) 665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Once again, we hope that this calendar will be a useful resource for you!

Classes, Workshops, Lectures & Events

Astrology

***Introduction to Composite Charts** with **Matruka Sherman** • February 6-27, Tuesdays, 7:30-9 P.M.* • This is an astrology class devoted to understanding relationships through composite charts. Ever wonder why some relationships work, some get stuck, & some never get off the ground? An elementary understanding of the planets & houses is helpful but not necessary. Cost is $60 for 4 weeks. To register or for more information, contact Matruka Sherman at 213-7075 or e-mail matrukas@umich.edu.

***Astrology Psychology Workshop** with **Matruka Sherman** & **Richard Mann** • March 12-April 16, Tuesdays, 7:30-9 P.M.* • This workshop combines the beneficial perspectives of both the astrological & psychological sciences to aid in the process of making signigicant changes in one's life. It offers a focused, short-term, therapeutic approach using astrological tools as a basis for intervention. A knowledge of astrology is helpful but not necessary. Cost is $100 for 6 weeks. To register or for more information, contact Matruka Sherman at 213-7075 or e-mail matrukas@umich.edu.

Bioenergetics

***Bioenergetic Exercise Group** with **Judy Stone** through **Feeding Your Whole Self (FYWS)** • January 5-February 16, Fridays, 10-11 A.M. **or** January 8-February 12, Mondays, 6-7 P.M. **or** March 4- April 8, Mondays, 6-7 P.M.* • Using stretching, grounding, & work with breathing & sound, you will become more aware of & release tension you have been holding in your body. The result is an increased capacity for feeling, more energy & aliveness, & a greater sense of self. Cost is $50 for six weeks. To register or for more information, contact FYWS at 994-5549.

Bodywork

***Musculoskeletal Anatomy for Artists** with **Nancy Denenberg** • Mid-April through late May* • This participatory, hands-on class focuses on the anatomy of living people using ourselves & art models as examples. Each class includes a slide-lecture, guided palpation, movement activities & time to draw. Cost is $75 pre-registration, $85 otherwise. To register or for more information, contact Nancy Denenberg at 761-1514.

***Craniosacral Therapy & Trance Applications** with **Linda Diane Feldt** • Beginning January 23, 6 Tuesdays (will not meet the first & third Tuesdays of the month), 7-9:30 P.M.* • Prior bodywork/somatic experience required. Class limited to six people. Significant outside practice required. An introductory class in craniosacral therapy & using trance states to facilitate healing. Cost is $80-$120 on a sliding scale. To register or for more information, contact Linda Diane Feldt at 662-4902, FAX 662-5227, e-mail: lindadf@aol.com.

***Healing the Athlete: A Clairsentient Shaman's Approach to Sports Fitness** • April 9, Tuesday* • This workshop will utilize the clairsentient shaman's altered-state awareness of old & recent injuries & injury-prone areas; breath patterns, postural, skeletal, muscular, visceral, deep tissue, & cranial-sacral systems, stress & fatigue-related shifts, foods, supplements, homeopathics, essence, & topical applications, hormonal & other cyclical components, habituation, visualization & meditation. Work will be done with athletes of all ability & experience levels. Continuation classes & support groups also offered. Cost is $10. To register or for more information, contact Gloria Pritschet at 663-4485.

> *"The body is the outward manifestation of the mind."*
> • Candace Pert

Buddhist Teachings

***Lectures on Tibetan Buddhist Topics** with **Gelek Rinpoche** through **Jewel Heart** • Ongoing, every Tuesday evening, 7:30 P.M.* • All are invited to meet at 211 E. Ann in Ann Arbor to listen to Gelek Rinpoche, incamate lama from Tibet, speak on Tibetan Buddhist topics. Cost is free. For more information, contact Jewel Heart at 434-4411.

***Buddha's Enlightenment Sitting** with **Sukha Murray** through the **Zen Buddhist Temple** • January 27, 8 P.M.-4 A.M.* • All night meditation. All are welcome to join in this observance of the most important event in the Buddhist calendar. Please come for at least two hours before midnight (8-10 and/or 10-12) and plan to stay until 4 A.M. if you are at the Temple after midnight. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

***Sunday Services** with **Sukha Murray** through the **Zen Buddhist Temple** • Every Sunday* • Moming meditation from 9:30-11 A.M. is two periods of meditation followed by a talk. Aftemoon meditation from 5-6:30 P.M. has one period of meditation, chanting, & a talk & question period. By donation. For more information, contact the Zen Buddhist Temple at 761-6520.

> *"How many times have you connected with yourself at all in your whole life?"*
> • Chogyam Trungpa

Channeled Teachings

***Channeled Spiritual Discussion Group** with **Aaron,** Channeled by **Barbara Brodsky** • Every Wednesday from 7:30-10 P.M.* • This is an ongoing program with a lecture by Aaron, a break, & then a question period. This is a time of spiritual inquiry: Who are we? Why are we incamate? How do we live our lives with as much love & wisdom as is possible? You are welcome to come occasionally or regularly. Material taught does build upon itself from week to week, but newcomers are always welcome. No fee, but donations are appreciated. No advance registration necessary. For more information, call or write the Deep Spring Center at 971-3455, 3455 Charing Cross Road, Ann Arbor, MI, 48108.

***Awaken Your Light Body!** with **Sandra Shears** •* One moming per week, 10-11:30 A.M., & one aftemoon per week, 7-8:30 P.M. • Sandra Shears, Spiritual Channel, Healer & Counselor offers an accelerated, meditative process for becoming your Soul. No charge, but love offerings are received with gratitude. Call for day & location or for more information: Sandra Shears, 994-0047.

***Seth Series on Emerging Multidimensional Relationships** with **John Friedlander** Channeling **Seth** • January 12, March 8, April 12, Fridays, 7:30-9:30* • Since these talks are channeled, call to confirm specific topic. May be attended separately. Cost is $10 each. To register or for more information or readings, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

***Becoming My Own Teacher: The Guru Within** with **Gloria Pritschet** • January 12, Friday* • Developing the gift of direct access, the comfortable, reliable relationship with one's own guidance, which is the birthright of the human spirit. Leaming to channel physical, mental, emotional & spiritual awareness, to heal, & to enter & direct full spiritual consciousness. Continuation classes & support groups also offered. Cost is $10. To register or for more information, contact Gloria Pritschet at 663-4485.

Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

reative Movement

***lovement Journey** sponsored by **Project Paradigm** with **Hava Jean elgado** • Ongoing Tuesday & Thursday evenings, 7-9 P.M.* • Movement ourney provides healing through movement, creativity & self-reflection; mpowerment through gathering together; self-rejuvenation through eacquaintance with our sacred bodies; celebration of the masculine/feminine rough sharing, sounding, drawing, & writing. Cost is $15 per class. To egister or for more information, contact Hava Jean Delgado at (313) 697-579.

***spring Equinox--In Search of Stillness** sponsored by **Project Paradigm** vith **Hava Jean Delgado** • Saturday, March 23, 9:30 A.M.-5:30 P.M.* • Like Movement Journey meetings, this gathering provides healing through novement, creativity & self-reflection; empowerment through gathering ogether; self-rejuvenation through reacquaintance with our sacred bodies; celebration of the masculine/feminine through sharing, sounding, drawing, & writing. Cost is $60. To register or for more information, contact Hava Jean Delgado at (313) 697-1579.

Earth Dance** with **Jesse Richards

*• **Beginner & Advanced Beginner's:** Beginning January 9, 12 week course, Tuesdays, 6:30-7:45 P.M.*

*•**Intermediate Level**: Beginning January 10, 12 week course, Wednesdays, 6:45-8 P.M.*

Earth Dance combines jazz with African-based movement, martial arts & ballet. It's an exciting & energetic dance style which develops a deep sense of strength, alignment & the joy of moving. Cost is $100. Students is the Intermediate Level class must have some dance experience or have taken beginner's Earth Dance. To register or for more information, contact Jesse Richards at 995-2972, or write to her at P.O. Box 7172, Ann Arbor, MI 48107.

***Life Dance** with **Suzanne Willets** • January 11-February 22, Thursdays, 5:30-7 P.M. **or** March 7-April 25, Thursdays, 5:30-7 P.M.* • A fun & empowering synthesis of yoga, African-based movement & modern dance. Connect yourself to the deep joy of moving while increasing flexibility, strength & alignment. Cost is $55. To register or for more information, contact Suzanne Willets at 482-2607.

***Life Barre** with **Suzanne Willets** • Beginning the second week of January* • Develop a deeper sense of awareness through movement. This class uses elements from yoga, Feldenkrais® & Tai Chi to help you be kind to yourself. Cost is $50-70 on a sliding scale. To register or for more information, contact Suzanne Willets at 482-2607.

> *"There is a vitality, a life force, an energy, a quickening that is translated through you into action, & because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium & be lost, the world will not have it."*
>
> *• Martha Graham*

Eastern Teachings

***Inspirational Evenings** through the **Sri Chinmoy Centre** • 7:30 P.M.* • A series of documentaries and videos, some in Hindi with English subtitles. Cost: free. For more information, contact the Sri Chinmoy Centre at 994-7114.

- *January 12* • The Adventures of Rama (youth)
- *February 9* • The Adventures of Rama (adulthood)
- *March 1* • Sri Chinmoy in Concert: Paris 1984
- *April 5* • Gopal Krishna (the youth of Krishna)

***Satsang for Mata Amritanandamayi (Ammachi)** • Ongoing weekly gathering* • This is a gathering where the spiritual practice of devotional singing, meditation, chanting of 108 names of the Divine Mother, & sharing food takes place. Her students say Ammachi is an embodiment of unconditional love devoted to the service of all humanity. The Holy Mother Ammachi has said that Satsang will bring inner purification & strengthen the sense of unity & community. The environment will be purified, & Satsang will make our hearts full with thoughts of God. All Children & adults welcome. No cost/potluck food. For more information including weekly dates & location, contact Hanuman & Nikhila at 973-2163.

Food & Healing

***Diet For the Soul** with **Judy Stone** through **Feeding Your Whole Self (FYWS)** • January 10- February 14, Wednesdays, 7:30-9:30 P.M.* • This six week group will provide an introduction to working with emotions through the body. You will develop some understanding of how unexpressed feeling & old wounds are held in the body & have the chance, through experiential Bioenergetic exercises, to explore what that means for you personally. Geared for people who are working with issues in their relationship with food. Cost is $180 for 6 weeks. To register or for more information, contact FYWS at 994-5549. If you have not worked with Judy Stone before, an initial interview will be required.

***Diet For the Soul** with **Judy Stone** through **Feeding Your Whole Self (FYWS)** • March 20-April 24, Wednesdays, 7:30-9:30 P.M.* • This six week group will make use of individual Bioenergetic work to explore your relationship with food & yourself. You can expect to deepen your relationship with food & your body & to strengthen your capacity to replace compulsive eating with nourishing yourself in more soul satisfying ways. Cost is $210 for six weeks. To register or for more information, contact FYWS at 994-5549.

***Enjoying Food, Enjoying Health** with **Judy Stone** through **Feeding Your Whole Self (FYWS)** & **Whole Foods Market** • Beginning January 16, ongoing, third Tuesday of each month, 7-8:30 P.M.* • Feeding Your Whole Self & Whole Foods Market are co-sponsoring this free, monthly support/education group for people who are interested in healthier eating as part of their commitment to wellness. Each month features a short presentation on a different topic by FYWS Director Judy Stone, followed by the opportunity for questions & discussions. Topics include: "Where Do I Begin?"--Creating an approach that's positive, realistic for you & not overwhelming; "Whole Grains"--Become familiar with the wide range of whole grains out there & how to incorporate them into your diet; "Food Allergies, Cravings & Addictions;" & "Wheat-Free Living"--Do you have, or cook for someone who has a wheat sensitivity? See & sample the variety of alternatives & learn about substitutions. To register, contact Whole Foods Market at 971-3366. For more information, contact FYWS at 994-5549, or Whole Foods Market.

> *"People are like tea bags.*
> *You find out how strong they are when you put them in hot water."*
>
> *• Anonymous*

Homeopathy

***Foundations of Homeopathy** with **Peggy Beals** • January 9 & February 13, Tuesdays, 7-9 P.M. **or** January 13, Saturday, 9 A.M.-2 P.M.(brown bag lunch) **or** March 8, Saturday, 9 A.M.-2 P.M.(brown bag lunch) **or** March 12 & April 9, Tuesdays, 7-9 P.M.* • The basic "laws" of homeopathy, a brief history of the 200-year-old medical system, & an overview of literature & resources will be covered. Cost is $40. To register or for more information, contact Peggy Beals at 475-0406.

***Getting Started Using Homeopathy** with **Peggy Beals** • January 23, February 20, March 19, April 16, Tuesdays, 7-9 P.M. **or** March 16, April 20, Saturdays, 9 A.M.-2 P.M. (brown bag lunch)* • The aim of this course is to provide an understanding of Homeopathic concepts & to prepare you to be an intelligent consumer of Homeopathic medicine. Use of the references, Materia Medica & repertories, the role of professional & appropriate self-care, & how to report your symptoms are topics that will be covered. Foundations of Homeopathy class listed above or equivalent required as prerequisite. Cost is $90. To register or for more information, contact Peggy Beals at 475-0406.

***Homeopathic Study Group** with **Peggy Beals** • Beginning January 22, every 4th Tuesday, 4 meetings* • An ongoing group covering intermediate to advanced topics such as The Organon of Medicine by Samuel Hahnemann, M.D., repertory practice, & Materia Medica comparisons. Foundations of Homeopathy class & Getting Started Using Homeopathy class, or equivalent, are required prerequisites. Cost is $15 per session, or $50 for 4 sessions, prepaid. To register or for more information, contact Peggy Beals at 475-0406.

Infant Massage

***Infant Massage Class** with **Lisa Gottlieb** • Classes begin every month & run 4 weeks, Mondays, 10-11:15 A.M. Private classes & home visits available.* • Learn to massage your baby (age 3 weeks to crawling) in a caring & supportive environment. Enhance bonding & enjoyment for parents & baby. Cost is $75 for 4 classes, plus 1 make-up class, book, oil, & handouts. To register or for more information, contact Lisa Gottlieb at 677-1900.

***Infant Massage Class** with **Audrey Simon** • runs 4 weeks, meets weekly, 10:30 A.M.-2 P.M.; new classes begin monthly. Dates are flexible to plan around parents' schedules.* • Parents or caregivers learn to massage infants (3 weeks old to crawling) to enhance bond & loving relationship. Cost is $85 & includes handbook, bottle of oil, & handouts. To register or for more information, contact Audrey Simon at 741-9706.

Iridology

***Iridology** with **Cindy Klement**• February 17-March 16, Saturdays, 9-10:30 A.M. (Classes will begin again in April)*• Weekly slide presentations of over 300 irises, along with video presentations of leading iridologists studying in the field. Cost is $10 per class. Please phone for registration information, leaving your name & address on the answering machine at 665-0383.

Kids & Young Adults

***Teens Class in T'ai Chi Ch'uan** with **Wasentha Young** through **Peaceful Dragon School of T'ai Chi Ch'uan** • Beginning January 11, Thursdays, 6-7 P.M.*• In the Teens class, youths can begin to cultivate tangible techniques that will help minimize the effects of stress in their lives. Focusing on the Form, Push Hands, Chi Kung, & Meditation, this class will aid the individual in much the same way as is described for the adult classes. Cost is $75. Class size is limited. To register or for more information, contact Wasentha Young at 207-9323.

***Children's Spiritual Art & Music Group** with **Martha Levinski (Nikhila)** • After school groups Monday-Friday, Saturday Group*• A children's group that explores self-expression & sharing through music & the visual arts. Groups will consist of face painting, collage work, singing, painting, individual art journals kept during all groups. Space is limited, as the groups are kept small. Cost is $9 per class plus supplies. To register or for more information, contact Martha Levinski at 973-2163.

***Children's Maypole** Sponsored by **The Diana Circle** through **Changing Womon** • April, call for date*• Please contact ShuNahSii Rose for description & further information at 761-9148.

***Kid in the Kitchen Series** with **Judy Stone** through **Feeding Your Whole Self (FYWS)**• February 3, Saturday, 10 A.M.-Noon*• **"Stone Soup"**--This month's cooking class for children ages 6-10 will feature soup-making (no animal products used) as children learn about kitchen safety, technique, & about whole foods. Cost is $15. To register or for more information, contact FYWS at 994-5549.

Mens sana in corpore sano.
A sound mind in a sound body.

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Martial Arts

***T'ai Chi Ch'uan Form** with **Wasentha Young** through **Peaceful Dragon School of T'ai Chi Ch'uan**• Beginning January 11, Thursdays, 7-8:30 P.M.*• T'ai Chi Ch'uan is a Chinese "Internal" style of Martial Art. As an Internal art, it emphasizes the integration & cultivation of the "Chi" or internal energy with the mind & body. The unique, graceful movements & the breathing techniques of the Form, relaxes the mind & body. It strengthens concentration, the sense of balance, & general well-being. Cost is $100. To register or for more information, contact Wasentha Young at 207-9323.

***Push Hands** with **Wasentha Young** through **Peaceful Dragon School of T'ai Chi Ch'uan** • Beginning January 8, Mondays, 7:30-8:30 P.M.*• Push Hands is the study of our interactions with the force of another person. Using a two person series of movements, students explore the principles of Push Hands--Listen, Adhere, Yield, & the Neutralization of force. This class is open to anyone who has completed any style of T'ai Chi Ch'uan solo Form. All levels of Push Hands experience welcomed. Cost is $100. To register or for more information, contact Wasentha Young at 207-9323.

***Chi Kung** with **Wasentha Young** through **Peaceful Dragon School of T'ai Chi Ch'uan** • Beginning January 9, Tuesdays, 5:30-7 P.M.* • Chi Kung is a type of Taoist Yoga. It consists of meditations, stretches, breathing techniques, imagery, & movement. It directly affects the body's physical & energy systems. In this class, students will learn a number of individual techniques & the WILD GOOSE Chi Kung Form. Cost is $100. To register or for more information, contact Wasentha Young at 207-9323.

Meditation

***Mastering Meditation** with **Kapila Castoldi** through the **Sri Chinmoy Centre** • January 15, 22, 29, **or** February 12, 19, 26, **or** March 14, 21, 28, **or** April 16,23, 30; 7:30 P.M.* • This 3-week study program covers the essentials of meditation, quieting the mind, practical techniques of relaxation & meditation, self-improvement. Cost: free. To register or for more information, contact the Sri Chinmoy Centre at 994-7114.

***Introductory Zen Meditation Course** with **Sukha Murray, Geri Larkin, & Nathanial Needle** through the **Zen Buddhist Temple** • Beginning Januray 18 **or** beginning February 22, **or** beginning April 4, 5 Thursdays, 6:15-8:30 P.M.*• The viewpoint of Zen is that life lived fully in each moment is the end & purpose in itself & not the means for something else. Students learn posture, working with the breath, concentration, & meditation in order to nurture greater awareness, peace of mind, & self-acceptance. Wear warm, loose-fitting comfortable clothes in a subdued color. Cost is $120, or $100 for students & the unwaged. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

***Overnight Introductory Meditation Course** with **Sukha Murray, Geri Larkin, & Nathanial Needle** through the **Zen Buddhist Temple** • March 1-2, Friday 7 P.M.-Saturday 4 P.M.*• Cost is $140, $120 for students. See Five Day Meditation Retreat listing for description. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

***One-Day Retreat** with **Sukha Murray, Geri Larkin, & Nathanial Needle** through the **Zen Buddhist Temple** • February 23-24, Friday 7 P.M.-Saturday 5 P.M.*• Cost is $50. See Five Day Meditation Retreat listing for description. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

***Five Day Meditation Retreat** with **Sukha Murray, Geri Larkin, & Nathanial Needle** through the **Zen Buddhist Temple** • March 27-April 1, Wednesday 7 P.M.-Monday 10 A.M.* • Days of walking & sitting meditation, vegetarian meals, simple manual work with emphasis on concentration, learning to trust ourselves, discovering wisdom mind, & compassionate heart, & living fully in the present moment. Encouragement talks & individual guidance. Cost is $200. Minimum attendance is two days. Wear warm, loose-fitting comfortable clothes in a subdued color. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

Meditation cont'd

***Introductory Meditation Class** through **Deep Spring Center for Meditation & Spiritual Inquiry** • February 10, Saturday, 9:30 A.M.-3:30 P.M. **or** March 12, 19, & 26, Tuesday evenings, 7-9 P.M. **or** March 30, Saturday, 10 A.M.-3:30 P.M.* • These classes are held in conjunction with U of M at North Campus Commons. They are taught by senior students of the Deep Spring Center for Meditation & Spiritual Inquiry. The foundations of the practices taught are Insight (mindfulness) meditation & deepening awareness of our innate perfection. These meditation practices are derived from Buddhism, but no special religious beliefs are necessary to their practice. Cost is $20 paid to U of M. To register or for more information, contact Jennifer Smith, UM class coordinator at 764-7544.

***Ongoing Insight Meditation Class** with **Barbara Brodsky** through **Deep Spring Center for Meditation & Spiritual Inquiry** • Ten week class meeting on February 12, 19, March 4, 18, April 1, 15, 29, May 13, 27, June 10* • This class is for those with experience in meditation. New students may take both intro. & ongoing class simultaneously. The foundations of the practices taught are Insight (mindfulness) meditation & deepening awareness of our innate perfection. These meditation practices are derived from Buddhism, but no special religious beliefs are necessary to their practice. Cost is $100. No one will be turned away for financial reasons. Pre-registration is required. Enrollment space is limited. For more information, call or write the Center at 971-3455, 3455 Charing Cross Road, Ann Arbor, MI, 48108. To register, send $50 deposit with name & address. You will be notified if there is a space for you & receive necessary materials.

***Meditation Retreat** with **Barbara Brodsky** and **John Orr** through **Deep Spring Center for Meditation & Spiritual Inquiry** • February 23-25, optional February 26, Friday evening-Sunday or Monday* • This residential meditation retreat will be held at Emrich Center outside of Brighton, MI, & is suitable for beginners or advanced meditators. The foundations of the practices taught are Insight (mindfulness) meditation & deepening awareness of our innate perfection. These meditation practices are derived from Buddhism, but no special religious beliefs are necessary to their practice. Cost is $140, $170 including Monday. For late registration after February 1, add $25. The teachers offer this retreat on a donations basis & receive no payment from the retreat fee. For more information, contact Hal at 971-3455, Carl at 487-8615, or David at 665-4298. To register, send name, address, phone number, & a check for the full amount or a deposit of $70 payable to Deep Spring Center, to David Brown, 2525 Victoria, Ann Arbor, MI, 48104.

***Meditation** with **Wasentha Young** through **Peaceful Dragon School of T'ai Chi Ch'uan** • Beginning January 9, Tuesdays, 8-9 A.M.* • The Meditation methods taught in the practice class will include Sitting, Standing, Walking, Visualization, & Guided. Cost is $50. To register or for more information, contact Wasentha Young at 207-9323.

Music

***Mixed Level Group Singing Class** with **Jesse Richards** • Beginning January 13, 8 Saturdays, 10:30 A.M.-12 P.M.* • Singing instruction for all levels & styles. For personal growth & pleasure, as well as to manifest your fullest musical potential. Cost is $100. Jesse also teaches private lessons which can be scheduled individually. To register or for more information, contact Jesse Richards at 995-2972, or write to her at P.O. Box 7172, Ann Arbor, MI 48107.

***Free Singing Workshop on Chanting** with **Jesse Richards** • December 3, Sunday, 4:30-6:30 P.M.* • Enrich the invaluable spiritual practice of chanting by learning basic vocal techniques. The workshop will also cover basic exercises for breathing & body awareness. This workshop is designed to be useful for people from all faiths & practices. The workshop will conclude with an uplifting 30 minute chant. Cost is free. To register or for more information, contact Jesse Richards at 995-2972.

***The Humanity Choir** with **Jesse Richards** • Audition Monday, January 8, Meetings beginning January 15, runs for 12 Mondays, 7-9 P.M.* • The Humanity Choir sings for world & inner peace, socio-political & spiritual awareness, & for FUN. The repertory will include originals, classical, jazz, gospel, chants & show tunes. Each session will begin by covering some aspect of vocal technique, & end with a spiritually based chant. Participants must have a moderate level of vocal experience. Cost is $180. For more information, contact Jesse Richards at 995-2972, or write to her at P.O. Box 7172, Ann Arbor, MI 48107.

***Drum, Dance & Chant** with **Aurora** through **Chalice** • January 8-March 25, Mondays, 7:30-9:30 P.M.* • It is anticipated that a permanent group will form from these classes, which combine free-form & guided rhythm, movement & singing to weave positive change into our lives. Cost is $50 per course or $150 for all four courses. New students admitted every 3 weeks. For more information, contact Aurora at 665-5550.

***Singing the Songs of Hildegard von Bingen** with **Norma Gentile** • January 28, Sunday, 4-6 P.M.* • An introductory & participatory session of music-making based on chants written by the 12th century abbess & mystic Hildegard von Bingen. This afternoon includes learning to sing two songs by Hildegard & experiencing ensemble chant. Cost is on a donation basis. For more information, contact Norma Gentile at 761-6999.

***The Nature of Rhythms** with **O. Andrew Schreiber** • Classes: January 7-February 25, Sundays (no class January 28), **or** March 10-April 28, Sundays (no class April 7); Workshop: March 3, Sunday* • The intention of this class is to deepen our awareness & appreciation for the rhythms of natural cycles, & to strengthen our connection with the earth through drumming. We will learn hand drum rhythms from various cultures, as well as explore the evolution of rhythmic concepts & instruments. All levels welcome. Cost for classes is $70-$100 on a sliding scale; cost for workshop is $15-25 on a sliding scale. To register or for more information, contact O. Andrew Schreiber at 668-6380.

***Ongoing Introductory Seminar & Saturday Class: Singing to Awaken the Soul** with **Wendy McClure** • Beginning January 13, Saturdays, 1:30-2 P.M. free introduction; 2-3 P.M. vocal class* • Wendy McClure, voice therapist, will introduce her process of soul-singing to the public from 1:30-2 P.M. After each presentation there will be a vocal class from 2-3 P.M. to practice singing & learn songs, at a cost of $10 per class. Come to one or both. Reservations preferred, but not mandatory. To reserve a space or for more information, contact Wendy McClure at 332-4943.

***Singing to Awaken the Soul** with **Wendy McClure** • January 22-April 30, Mondays, 7:15-9:15 P.M., **or** January 18-April 25, Thursdays, 7-9 P.M.* • Through breathing, relaxing & embracing resistance & fear, students will be guided on the journey of finding & keeping their singing voices. Cost is $20 per class. To register or for more information, contact Wendy McClure at 332-4943.

***The Use of Singing & Vocalizing in Childbirth Preparation, Labor & Delivery** with **Wendy McClure** • January 31, Wednesday, 7:30-9 P.M. **or** February 23, Friday, 7-8:30 P.M. **or** March 30, Saturday, 10:30 A.M.-12:30 P.M.* • These seminars are geared towards pregnant women, their significant others, & nurse/midwives. A demonstration will be presented including the teaching of lullabies & birth songs, as well as video clips of the use of empowering songs during labor. Cost is free. To register or for more information, contact Wendy McClure at 332-4943.

***The Spirit of Music** with **Sheila Ritter** • January 22-March 11, Mondays, 7:30-9 P.M.* • Music can move us on many levels--body, mind, emotions, spirit. Music can lead us toward health & well-being, & connect us to the sacred in our lives. Class includes chanting, toning, drumming, movement & more. Cost is $50. To register or for more information, contact Sheila Ritter at 973-0684.

***Group Voice & Harmony** with **Kathleen Moore** • Ongoing group that meets bi-weekly* • One hour sessions in a small group, with content focus on healthy & effective voice usage, ear training, creating harmony, & sharing songs. Cost is $20 per session. To register or for more information, contact Kathleen Moore at 668-8146.

Pathwork

***The Journey Inward** with **The Great Lakes Pathwork** • Ongoing, second Friday of each month, 7-9 P.M.* • The Great Lakes Pathwork offers readings with discussion of a series of lectures channeled by Eva Pierrakos. The lectures contain a unique mix of psychological & spiritual concepts. Lectures include:

January 12: Self Will, Pride & Fear
February 9: The Spiritual Significance of Human Relationship
March 8: Fundamental Guilt for Not Loving
April 12: The Forces of Love, Eros & Sex

Cost is free. Meetings take place at 2518 Jade Court. For more information, contact Lisa C. Wolf at 665-6231 or 930-0864.

Personal Growth

***The Art of Journal Writing** with **Phyllis Perry** through **New Options Counseling** • One hour per week for 8 weeks, dates and time to be announced•* This is an eight week support group for women and men who wish to learn journal writing as an art and as a process for growth & change. Use journal writing as a tool for self- discovery. Small groups, confidential and nurturing. Cost is $25 per session, 8 sessions total. To register or for more information, contact New Options Counseling at 973-0003.

***Ecology & Psychology: Our Crisis in Perception** with **Hans Posselt** & **Leah Song**• March or April: date to be determined•* Covering an overview of recent revelations from physics & psychology & integrating ancient wisdom, this workshop intends to stimulate a radical shift in thinking, from ego-self to eco-self. Cost is on a donation basis. For more information, contact 662-7413.

***New Year's Resolutions: Creating Your Own Ceremony** with **Wendy McClure**• January 21, Sunday, 1-8 P.M.•* This one day seminar will guide you through the process of identifying a goal & designing a personal ceremony to achieve it. Harness the energy of the New Year by joining this group. Vegetarian or chicken box dinner included. Cost is $75. To register or for more information, contact Wendy McClure at 332-4943.

***The Transformation of Relationship: Comprehending Possibility** with **Gloria Pritschet**• February 8, Thursday•* Goals are to develop a personal working model of relating, release the pre-80's paradigm & current popular stereotypes, grow authentic intimacy & peerage partnership that do not rely on precedent, & become whole, creative, nurtured, mature, & passionate in a relationship. Continuation classes & support groups also offered. Cost is $10. To register or for more information, contact Gloria Pritschet at 663-4485.

> *"We do not see things as they are. We see things as we are.*
> *• The Talmud*

Polarity

***Polarity Therapy II: Understanding & Using Healing Energy** with **Linda Diane Feldt** • Beginning March 7, 10 Thursdays, 7-9:30 P.M.* • Each class will include exercises, hands-on work, theory, & discussion of the uses of energy & healing. This class may be used towards registration by The American Polarity Therapy Association. Polarity therapy is an internationally known comprehensive approach to energetic healing, & teaches an integrated approach to resolving the imbalances of body, mind, & spirit. This is a second level class, prior experience or teachers permission required. Cost is $100-$140. To register or for more information, contact Linda Diane Feldt at 662-4902, FAX 662-5227, e-mail: lindadf@aol.com.

Psychic Development

***Practical Psychic 1: Grounding, Personal Meditation, & Healing** with the **Ann Arbor Practical Psychic Institute** • January 8-February 5, Mondays, 7:30-9:30 P.M.*
***or** • January 13-14, Saturday & Sunday, 10-4 P.M.*
***or** • January 26-27, Friday 7-10 P.M.; Saturday 10 A.M.-5 P.M.*
***or** • March 2-3, Saturday & Sunday, 10-4 P.M.*
***or** • March 15-16, Friday 7-10 P.M.; Saturday 10 A.M.-5 P.M.*
***or** • April 13-14, Saturday & Sunday 10 A.M.-4 P.M.*
***or** •April 24-May 22, Wednesdays, 7:30-9:30 P.M.*
In this course, you will learn simple & powerful techniques to begin to see, ground, & heal your psychic & emotional space, aura, & chakras. Cost is $149 or $129 if paid 2 weeks in advance, or $119 if you bring 3 or more friends. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

***Practical Psychic 2: Deepening Awareness & Skills** with the **Ann Arbor Practical Psychic Institute** • February 24-25, Saturday & Sunday, 10 A.M.-4 P.M.*
***or** • February 26-March 25, Mondays, 7:30-9:30 P.M.•*
Learn to recognize & heal layers of the aura. Connect with one of your healing guides to do healings. Cost is $175. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

***Practical Psychic 3: Putting It All Together** with the **Ann Arbor Practical Psychic Institute** • March 29-31, Friday 7-10 P.M.; Saturday & Sunday 10 A.M.-4 P.M.•*
Read auras & do professional quality clairvoyant readings. Learn to communicate directly with guides. Cost is $195. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

***Practical Psychic 4: Channeling** with the **Ann Arbor Practical Psychic Institute** • April 26-28, Friday 7-10 P.M., Saturday & Sunday 10 A.M.-4 P.M. or • December 8-10, Friday 7-10 P.M., Saturday & Sunday, 10-4 P.M.* • Learn to safely become a conscious channel, using a technical system as your foundation. Cost is $195. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

***The Emotional Body** with **Gloria Pritschet**• March 12, Tuesday•* The role of the emotional body in comprehending, healing, & restructuring the past, & generating the present & future will be explored. Also addressed will be the emotional body's relationship to karma, & to the physical, mental, & spiritual bodies. The goal will be to develop clairsentient shaman's awareness of, entry into, & transmutation of, the emotional body. Continuation classes & support groups also offered. Cost is $10. To register or for more information, contact Gloria Pritschet at 663-4485.

Psychodrama

***Six-Month Psychodrama Training** with **Sara Schreiber** • Beginning January 13, 10 A.M.-4 P.M., six meetings•* Psychodrama, drama therapy & improvisation offered to therapists, nurses, doctors & people in relationships. If you are interested in becoming a working member of EMPATHEATRE, this training is required. Cost is $125 per class, $650 for all six classes if paid by January 13. To register, contact Sara Schreiber at 662-1450, & please send resume & short letter of introduction to EMPATHEATRE, P.O. Box 2832, Ann Arbor, MI, 48106-2832.

Reiki

***Free Reiki Clinic** with **Reiki Masters Suzy Wienckowski** & **Nancy Steel** • February 21, Wednesday, Appointments from 8-9 P.M. **or** • March 20, Wednesday, Appointments from 8-9 P.M.* • For an explanation of Reiki, please see the Reiki Level I listing. This clinic includes free 30-minute sessions with area practitioners followed by a discussion of Reiki with Reiki Masters Suzy Wienckowski & Nancy Steel. To reserve a space or for more information, contact Nancy Steel at 996-2530.

***Reiki Level I Class** with **Reiki Masters Suzy Wienckowski** & **Nancy Steel** • January 13, Saturday, 10 A.M.-5 P.M. **or** •March 2, Saturday, 10 A.M.-5 P.M. **or** • April 27, Saturday, 10 A.M.-5 P.M.* • Reiki is an ancient, gentle, hands-on healing art. It relieves pain, reduces stress, & facilitates healing & personal growth. Level I class includes history of Reiki lineage, hands-on techniques for giving Reiki to yourself & others, individual initiation: empowerment through 4 specific attunements, & full certification. Cost is $150. To register or for more information, contact Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

***Reiki Level II Class** with **Reiki Masters Suzy Wienckowski** & **Nancy Steel** • March 3, Sunday, 10 A.M.-5 P.M.* • This class includes intensification of Reiki Energy, healing at a distance, & advanced certification. Cost is $500. To register or for more information, contact Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

Please do not call Crazy Wisdom with questions about the classes, workshops, lectures, & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

***Reiki Level I Workshop** with **Ray O. Golden** •February 3, Saturday, 9 A.M.-6 P.M. or•March 17, Sunday, 9 A.M.-6 P.M.* • Reiki is a powerful, natural, non-invasive, easy to learn healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, & causal. In the Level I Workshop, the student receives attunements to the Reiki energy & learns to facilitate the healing of others, & in addition, learns self-healing techniques. Class sizes are limited to 8 to allow for individual attention & attunements. Cost is $85, including manual & certificate if pre-registered a week in advance, $95 after that. To register or for more information, contact Ray O. Golden at 663-6075 at the Center for Intuitive Health.

***Reiki Level II Workshop** with **Ray O. Golden** • January 27-28, Saturday 1-6 P.M., Sunday 10 A.M.-4 P.M.* • In the level two workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques & powerful distance healing techniques. Class sizes are limited to 8 to allow for individual attention & attunements. Cost is $150 if pre-registered a week in advance, $180 after that. To register or for more information, contact Ray O. Golden at 663-6075 at the Center for Intuitive Health.

***Reiki Introduction & Healing Night** with **Ray O. Golden** • January 4, February 1, March 7, April 4, Thursdays, 7-9 P.M.* • An introductory talk on Reiki & an opportunity to experience Reiki energy. Cost is free. To register or for more information, contact Ray O. Golden at 663-6075 at the Center for Intuitive Health.

Sacred Dancing

***Dances of Universal Peace (Sufi Dancing)** with **Majid Simonds** • First Friday of each month, 7-9 P.M.* • Simple chants/songs from all the world's spiritual traditions combined with movement. This powerful method of awakening & changing consciousness is a perfect bridge between daily life & deep meditation. No dance or meditation experience/skills needed. Open to all on walk-in basis. Meetings at Friends Meeting Hall, 1420 Hill, Ann Arbor. Donation up to $5; all are welcome regardless of ability to pay. For more information, contact Majid at 913-8852.

Shamanism

***Shamanic Journeys** with **John Morris** • Ongoing, Wednesdays, 7:30 P.M.* • Using shamanic postures gleaned from many traditions, we enter into a light trance, wherein we journey to alternative realms of the spirit for healing, divination, & personal growth. Cost is free. Newcomers welcome. For more information, contact John Morris at 665-3522.

Spiritual Development

***Esoteric Lecture Series** through the **Magical Education Council** • Ongoing, second & fourth Fridays of each month, 7:30 P.M.* • Workshops & demonstrations on various topics of esoteric interest. Recent titles have been "Sacred Dance" & "The Otherworld in Various Traditions." Cost is free. To confirm place & topic, or for more information, contact Kami Landy at 761-1137.

Tarot

***Elemental Healing: Seasonal Tarot Work** with **ShuNahSii Rose** through **Changing Womon** • Beginning in February, a four-part series that will continue through the year* • Attending all sessions strongly encouraged. To register or for more information, contact ShuNahSii Rose at 761-9148.

Therapy/Support Groups

***Men's Winter Retreat: Finding Light Within the Dark** with **Michael Andes** • January 20, Saturday, 10 A.M.-10 P.M. (Overnight at local motel optional for additional cost)* • A one-day event in a modern, isolated cabin 45 minutes from Ann Arbor. Sharing current personal issues, hiking, celebration/ceremony & re-commitment to goals & dreams. Cost is $75, includes food. For more information, contact Michael Andes at 662-5215.

***Therapy/Support Group for Women** with **Joan Weiss** • Beginning in January, meeting time to be determined* • The group will focus on life transitions, self-esteem, relationships, career, & more. Cost is $25 per session. For more information, contact Joan Weiss at 663-8429.

***Therapy/Support Group for Men** with **John Gingrich** • Beginning in January, meeting time to be determined* • This group will focus on relationships, self-esteem, & communication issues. Cost is on a sliding scale. For more information, contact John Gingrich at 663-8429.

***Stress & the Single Man** with **Bob Egri** • January 23, Tuesday, 7-10 P.M.* • Understanding & learning how to overcome the major stresses faced by many single men: being on your own, dating, dealing with the uncertainties of the future. Held at St. Joseph's Hospital Education Center. Cost is $35 at the door, $25 if registration & check is received 1 week prior to event. To register, send $25 to Bob Egri at 2645 Peters Rd., Dexter, MI 48130. For more information, contact Bob Egri at 665-6924.

***Stress & the Single Woman** with **Bob Egri** • February 19, Monday, 7-10 P.M.* • Understanding & learning to overcome the major stresses face by single women: being alone, dating, being true to yourself & finding your way in an uncertain world. Held at St. Joseph's Hospital Education Center. Cost is $35 at the door, $25 if registration & check is received 1 week prior to event. To register, send $25 to Bob Egri at 2645 Peters Rd., Dexter, MI 48130. For more information, contact Bob Egri at 665-6924.

***Overcoming the Need For Approval** with **Bob Egri** • March 25, Monday, 7-10 P.M.* • Learn how the need for approval impacts every aspect of your life. Learn techniques that will enable you to feel good about yourself when people disapprove of you. Held at St. Joseph's Hospital Education Center. Cost is $35 at the door, $25 if registration & check is received 1 week prior to event. To register, send $25 to Bob Egri at 2645 Peters Rd., Dexter, MI 48130. For more information, contact Bob Egri at 665-6924.

***Building Healthy Relationships** with **Bob Egri** • April 22, Monday, 7-10 P.M.* • Learn the essential ingredients of a health relationship. Assess your own strengths & weaknesses. Develop a plan of action. Held at St. Joseph's Hospital Education Center. Cost is $35 at the door, $25 if registration & check is received 1 week prior to event. To register, send $25 to Bob Egri at 2645 Peters Rd., Dexter, MI 48130. For more information, contact Bob Egri at 665-6924.

***Women's Circle of Sound For Survivors** with **Kathleen Moore** • January-April, Thursdays, 6:30-8 P.M.* • Using singing, authentic voice, drumming, music & imagery, & other music experiences, this small group brings together women survivors who wish to further their own healing through music & voice. All and no music backgrounds welcome. Cost is $20 per session. To register or for more information, contact Kathleen Moore at 668-8146.

***Building & Maintaining Self-Esteem** with **Kristin Blackburn** • January 18-February 22, Thursdays, 7-9 P.M.* • In this six-week educational & experiential workshop for women only, participants will understand how past messages affect them today, create new positive messages to & about self, identify self-destructive behavior cycles, & develop more positive patterns of relating. Cost is $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

***Anger Management & Assertive Communication Development** with **Kristin Blackburn** • March 7-April 11, Thursdays, 7-9 P.M.* • This six-week workshop is designed specifically for women to explore the role of anger in their lives & relationships, learn constructive expressions of anger, & improve communication skills. Cost is $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

> *"Learning is the very essence of humility, learning from everything & from everybody. There is no hierarchy in learning."*
>
> *• Krishnamurti*

Whole Foods

***Very Vegetarian New Year** through **Vegetarian Information Network Exchange (VINE)** • January 3, Sunday, 7:30 P.M.* • Vegan Chinese dinner at Chia Shiang Restaurant. Experience a true Chinese meal void of even the unexpected beef or chicken broth hidden in typical "Chinese vegetarian entrees." Price to be determined (expect about $10). Reservations required by December 27. To reserve a space or for more information, call 668-9925. Meetings & presentations are also planned on the first Wednesday of each month. These are held at Guild House, 802 Monroe St., at 7:30 P.M. & cost between $1-$5. For information on these events, call 668-9925, or 426-8525, or (517)423-3226.

Whole Foods Cooking--Intermediate Series** with **Judy Stone** through **Feeding Your Whole Self (FYWS) A series of 4 classes which may be taken individually or as a series. It is not necessary to have taken the basic series to enroll. Classes use organic food when available, no animal products & include recipe folder & sampling. Cost per class is $40. Discount available for series or enrolling with a friend new to FYWS. To register or for more information, contact FYWS at 994-5549.

***Delightful & Dairyless** • January 25, Thursday, 6:30-9:30 P.M.* • Learn the range of what's possible in a diet free of dairy products & the health benefits of minimizing or eliminating dairy foods.

***Sweet Temptations** • February 1, Thursday, 6:30-9:30 P.M.* • Come discover that a healthier diet does not mean giving up the pleasure of indulging. Learn to make sweet treats you can feel good about eating & feeding to people whose health you care about.

***Making Vegetarian Sushi** • February 8, Thursday, 6:30-9:30 P.M.* • Come let your artist play as we make beautiful & delicious Nori Rolls, the portable Japanese "sandwich." We'll also make Red Bean Soup & a special dessert.

***Quick, Tasty, Healthy** • February 15, Thursday, 7:30-9:30 P.M.* • Rejuvenate your cooking with this class on easily prepared foods along with ideas for stocking your kitchen & using leftovers to create varied, healthy meals in not much time.

Whole Foods Cooking --Basic Series** with **Judy Stone** through **Feeding Your Whole Self (FYWS) • These six classes may be taken individually or as a series. The classes teach the basics of whole foods preparation. Classes use organic food when possible, no animal products, & include recipe folder, reference information, & sampling. Cost is $40/class with discounts available for series, or enrolling with a friend new to Feeding Your Whole Self. To register or for more information, contact FYWS at 994-5549.

***Good Grains** • March 7, Thursday, 6:30 -9:30 P.M.* • This class will teach basic techniques, including pressure cooking, for preparing several types of grains.

***Bean Cuisine** • March 14, Thursday, 6:30-9:30 P.M.* • This class is the second in a series but may be taken individually. Learn how to prepare delicious, lowfat, & gasless bean dishes with the many varieties of beans we have available to us.

***Soups for the Soul** • March 21, Thursday, 6:30-9:30 P.M.* • Soup offers the possibility of a complete & nourishing meal, a light snack, or the prelude for the meal to come. Learn to make stock & several varieties of soup from light to heavy, all with minimal or no added fat.

***Tofu Magic** • March 28, Thursday, 6:30-9:30 P.M.* • Tofu is an excellent source of protein & quite versatile in its uses. Come learn several ways to create meat & dairy free entrees, soup, & dessert.

***Vegetables Land & Sea** • April 11, Thursday, 6:30-9:30 P.M.* • In this class you will learn cutting techniques & how to prepare a variety of vegetables using baking, quick boiling, sautéing, & pickling.

***Surprising Seitan & Tempting Tempeh** • April 18, Thursday, 6:30-9:30 P.M.* • Tempeh & seitan are less commonly known meat alternatives. Tonight you learn what they are, how they are used, & we will prepare dishes using each of them.

***Indian Vegetarian Cooking** with **Judy Stone** through **Feeding Your Whole Self (FYWS)** • March 22, Friday, 7-10 P.M.* • Relax while the kitchen fills with the incredible fragrances, the exotic flavors & the earthy colors of a delicious Indian meal. This is a class to enjoy with a friend. Cost is $40.
To register or for more information, contact FYWS at 994-5549.

Wholistic Healing for Animals

***Holistic Healing For Animals** with **Betsy Adams** • 4 meetings scheduled tenatively for March 9, 23, April 13, 27* • Topics will include energy healing, animal communication, past lives, homeopathy, hands on healing, flower essences, nutrition, behavior problems, & natural skin treatments. There will also be guest speakers. Cost is $50 for 4 hours. To register or for more information, send written request for information to Betsy Adams, P.O. Box 296, Dexter, MI, 48130, or call 475-4230, or 761-1870 & leave a message.

Wholistic Health & Healing

***A Global Approach to Well Being: Perfect Health: the Ayurvedic Approach** through the **Sri Chinmoy Centre** • January 26, Friday,7:30 P.M.* • An introductory lecture. For more information, contact the Sri Chinmoy Centre at 994-7114.

***A Global Approach to Well Being:Introduction to the Vegetarian Diet** through the **Sri Chinmoy Centre** • February 23, Friday, 7:30 P.M.* • An introductory lecture. For more information, contact the Sri Chinmoy Centre at 994-7114.

***Natural Healing with Food & Herbs** with **Cindy Klement** • January 8-March 25, Mondays, 7-8:30 P.M.* • Understanding body systems will help you make informed nutritional choices. Join us each week for an evening seminar on the following topics: circulatory system, digestive system, intestinal system, nervous system, glandular system, immune system, respiratory system, urinary system, structural system, reproductive system, special senses, & hair, skin, nails, & teeth. Cost is $10 per class. Please contact Cindy Klement for registration information, leaving your name & address on the answering machine at 665-0383.

***The Alternative Medicine Cabinet A-Z** with **Cindy Klement** • January 6-February 3, Saturdays, 9-10:30 A.M. (Classes will begin again in April)* • We will be discussing common ailments that can be healed by using products from the natural healing world, in place of what we find in the drug store. Cost is $10 per class. Please contact Cindy Klement for registration information, leaving your name & address on the answering machine at 665-0383.

***The Magickal Garden: The Healing Power of Plants** with **ShuNahSii Rose** through **Changing Womon** • Beginning in April* • Call for details. To register or for more information, contact ShuNahSii Rose at 761-9148.

***The Advanced Class in the Wise Woman Tradition: on having power & being invisible** with **Linda Diane Feldt** •Beginning March 6, 8 Wednesdays, 7-9:30 P.M.* • This is a highly participatory class exploring integrating the Wise Woman Tradition into everyday life. The group will work together using the tools of ritual, music, herbal knowledge, & trancework. Merging logic & intuition, traditions from East & West, this is a class for growing, exploring, understanding, sharing & playing. Prior experience with The Wise Woman Tradition is required. There will be outside of class assignments. Cost is $90-$130 on a sliding scale. To register or for more information, contact Linda Diane Feldt at 662-4902, FAX 662-5227, e-mail: lindadf@aol.com.

***One Year Herb Class** with **Linda Diane Feldt** • Ongoing, third Tuesday of each month* • Classes may be taken individually. Upcoming topics include: Herbal Allies for Pleasure, Addictions, & Habits; assembling an herbal first aid kit; & more. Cost is $5-$15 per class on a sliding scale. To register or for more information, contact Linda Diane Feldt at 662-4902, FAX 662-5227, e-mail: lindadf@aol.com.

> *"Illness is the most heeded of doctors. To goodness & wisdom we make only promises; pain we obey."*
>
> *• Marcel Proust*

Vcca

Esic Witchcraft *with* **John Morris & Susan Gross** *• Ongoing, second & f rth Saturdays, 6 P.M.* • Bi-weekly discussions & demonstration rituals in th Old Religion of Europe. Specific topics, such as healing, divination, n gical tools, herbs, & ritual construction are introduced. Cost is free. No r istration is required. Newcomers welcome. Call to confirm date & place. F more information, contact John Morris at 665-3522.

Erth Magic *with* **Aurora** *through* **Chalice** *• January 3-March 20, ednesdays, 7-10 P.M.* • This apprenticeship includes herbs, spells, the ntacle, Tarot, animal guides, nature walks & grounding. Cost is $60 per urse, or $150 for all four courses. New students are admitted every 3 eks. For more information, contact Aurora at 665-5550.

Magic *with* **Aurora** *through* **Chalice** *• March 27-June 5, Wednesdays, 7- P.M.* • An apprenticeship including Wicca theory, history & counseling, ather magic, out-of-body experiences, fairy lore, Tarot, & the athame. Cost i $60 per course, or $150 for all four courses. New students admitted every 3 eks. For more information, contact Aurora at 665-5550.

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omen's Ritual Celebrations *with* **Aurora** *through* **Chalice** *• January 5, 20, ebruary 9, 23, March 8, 22* • Celebration of moon phases & Tarot archetypes. ost is $5 in advance. For more information, contact Aurora at 665-5550.

oddess in Everywoman *with* **Aurora** *through* **Chalice** *• January 4-March ', Thursdays, 7-10 P.M.* • This apprenticeship involves deep work with eight ajor Greek goddesses in a format that includes music, discussion, ritual, urnaling, guided meditation, & aspecting (channeling) these archetypes. ost is $60 per course, or $150 for all four courses. New students admitted ery 3 weeks. For more information, contact Aurora at 665-5550.

eltic Goddesses *with* **Aurora** *through* **Chalice** *• March 28-June 27, hursdays, 7-10 P.M.* • This series involves work with Brigit, Rhiannon, erridwyn & others, & includes the passing on of Brigit's sacred flame from ildare. Cost is $60 per course, or $150 for all four courses. New students dmitted every 3 weeks. For more information, contact Aurora at 665-5550.

iberating Life Force: A Ritual Working *with* **ShuNahSii Rose** *through* **hanging Womon** *• January 13 & January 20, two Saturdays, 1-4 P.M.* • ocus is on healing our relationship with our shadows & preparing to joyously elcome Spring. Cost is $45-$70 on a sliding scale. To register or for more nformation, contact ShuNahSii Rose at 761-9148.

he Wheel: A Solo Study Option *with* **ShuNahSii Rose** *through* **Changing Vomon** *• Ongoing* • Draws from seasonal themes & traditional tools to inform support womyn in their process of transformation. Options range from one -hour session to studying around the entire wheel of the year. Registration & eposit due by January 30 to begin the 1st of February. Cost is $35-$60 on a liding scale & includes monthly consultation & materials. Time slots are omewhat flexible. To register or for more information, contact ShuNahSii Rose at 761-9148.

Velcoming the Maiden: Restoring an Archetype *with* **ShuNahSii Rose** *hrough* **Changing Womon** *• March, near the Spring Equinox* • This will be a wo-part intensive for mothers & non-mothers who wish to heal their relationship with girlhood & gather tools to offer the maidens in their lives. Call for details; an extended class on this topic may be offered. To register or for more information, contact ShuNahSii Rose at 761-9148.

Yoga

A Global Approach to Well Being:Basic Hatha Yoga Postures *through the* **Sri Chinmoy Centre** *• March 22, Friday, 7:30 P.M.* • An introductory lecture. For more information, contact the Sri Chinmoy Centre at 994-7114.

Hatha Yoga Class in the Iyengar Tradition *with* **Laurie Blakeney** *• Times & locations vary; morning and evening classes. Call Laurie for more information* • Classical Yoga postures taught with an emphasis on precision, mental clarity, & physical challenge. These postures are taught so the students' practice creates physical well-being, working with every muscle, joint, & organ. Careful attention to detail helps to quiet the mind, reducing stress while enhancing emotional well-being. Cost is approximately $10 per class. For more information, contact Laurie Blakeney at 663-7612.

Yoga Level I *with* **Cathy King** *through* **Inward Bound Yoga Program** *• January 30-March 19, Tuesdays, 7:30-9 P.M.* • Designed for students new to yoga & focuses on basic standing, lying & sitting postures with introduction to breath awareness. Also suitable for students recovering from injury or illness who require a gentler approach to the postures. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Cathy King at (517) 592-8017.

Yoga Level I-II *with* **Cathy King** *through* **Inward Bound Yoga Program** *• January 29-March 18, Mondays, 6-7:30 P.M.* • Continued exploration of beginning postures while building strength & stamina. Beginning inversions are introduced. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Cathy King at (517) 592-8017.

Yoga Level II *with* **Lynette Smith** *through* **Inward Bound Yoga Program** *• January 31-March 20, Wednesdays, 6-7:30 P.M.* • Refinement of basic postures with emphasis on all the standing poses. Includes work on inversions & backbends. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Lynette Smith at 995-0741.

Yoga Level II-III *with* **Cathy King** *through* **Inward Bound Yoga Program** *• January 29-March 18, Mondays, 4-5:45 P.M.* • For continuing students with working knowledge of yoga fundamentals. Explores a wider range of inversions & backbends. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Cathy King at (517) 592-8017.

Yoga Level III *with* **Martha Laatsch** *through* **Inward Bound Yoga Program** *• January 30-March 19, Tuesdays, 5:30-7:15 P.M.* • For students prepared to work more intensely in forward bends, twists & backbends. Develops stamina in the inverted poses. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Martha Laatsch at 483-6340.

Posture Series to Sacred Music *with* **Barb Linderman** *through* **Inward Bound Yoga Program** *• February 1-March 21, Thursdays, 5:30-7:15 P.M.* • For experienced students, this class focuses on sequences of yoga postures integrated with chants or other sacred music. Especially appropriate as a supplement to a regular yoga class. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Barb Linderman at 971-8562.

Aerobic Yoga *with* **Jonathan Tyman** *through* **Inward Bound Yoga Program** *• February 3-March 23, Saturdays, 8:15-10 A.M.* • A challenging sequence of postures that builds endurance with sun salutations & continuous movement through standing poses, backbends, forward bends, & inversions. Bring a towel. Cost is $7 per class on a drop-in basis. To register or for more information, contact Jonathan Tyman at 996-4549.

Introduction to Aerobic Yoga *with* **Cathy King** *through* **Inward Bound Yoga Program** *• Beginning February 3, 6 Saturdays, 10:15-11:45 A.M.* • A preparatory class for Aerobic Yoga. All sequences & poses covered in Aerobic Yoga will be taught with emphasis on building strength. Cost is $42. To register or for more information, contact Cathy King at (517) 592-8017.

Yoga Course *with* **Sukha Murray** *through the* **Zen Buddhist Temple** *• Beginning January 16, or beginning March 12, 6 Tuesdays, 7:30-9:00 P.M.* • This course is an introduction to traditional yoga postures, breathing, relaxation, & concentration, a meditative approach for new students & also those with experience. Wear warm, loose-fitting comfortable clothes in a subdued color. Cost is $50. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

Ma Om Yoga *with* **Hanuman** *• Morning, afternoon, & evening classes daily; monthly weekend retreats* • A unique yoga method that is being brought to the west directly from India for the first time. This simple, gentle practice combines basic movements with breath focus, sound therapy & energy awareness that becomes a powerful, safe, transformative process that will quiet your mind & rejuvinate your physical body. Cost is $12 per class, $8 for students. To register or for more information, contact Hanuman at 973-2163.

Yoga Classes & Workshops *with* **Ema Stefanova** *• Ongoing, Tuesdays at 6 P.M., or Sundays at 5 P.M., or weekend workshops* • Gentle movement with emphasis on breathing & relaxation. Postures, breathing, relaxation & meditation, plus special programs. Cost is $68 for students, $88 for others, for 10 plus 2 classes. To register or for more information, contact Ema Stefanova at 665-7801.

Teachers, Lecturers, & Workshop Leaders

Betsy Adams has 18 years experience with animals, including wildlife rehabilitation. She is a holistic practioner & consultant using many energy healing methods.

Michael Andes MSW has led numerous programs & retreats for men. He uses ideas from traditional group process, medicine wheel teachings & other traditions (mythology, music),focusing on an integration of self/other & the natural world. Michael is a therapist in private practice.

Ann Arbor Practical Psychic Institute Faculty includes: John Friedlander, a nationally known psychic teacher, reader, channeler, & co-author of The Practical Psychic,. He also studied with Lewis Bostwick, founder of the Berkeley Psychic Institute, & he was part of the original Jane Roberts Seth group; ***Donna Ryen***, a psychic reader & channeler who studied with John Friedlander & has consulted in private practice for the past 10 years; ***Diane Evans***, a psychic & channeler who is NLP certified with a focus in belief identification and modification; ***Ray O. Golden*** MSE, Reiki Master who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling; ***Julia King*** who focuses on vibrational medicine, subtle energy healing & consultations, & is interested in the Inca Medicine Wheel; & ***Sue Remington***, an artist, public school teacher & channeler who teaches Tai Chi.

Aurora has taught Wicca since 1991 & travels to Missouri & Wisconsin once a month for Priestess training through Diana's Grove & Of A Like Mind.

Peggy Beals R.N., has been studying Homeopathy since 1986. Her preparation for teaching includes 5 years at the National Center for Homeopath's Professional Summer School & attendance at many seminars & conferences nationwide. She has taught Homeopathy in the Ann Arbor area since 1989 & has served on the faculty of the NCH Summer School & the NCH Annual Convention for the ASG Program for the past 4 years.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition, & family of origin issues.

Laurie Blakeney is a senior certified Yoga instructor with 18 years teaching experience & extensive training in India.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy, & teaches meditation.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization directed by Barbara Brodsky, whose purpose is "to offer non-denominational spiritual teachings on non-duality, to teach & support the deepening of non-dual awareness through the practice of meditation."

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, Paradigm Center for the Arts, to its present model: Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. Hava Jean has completed a certification training program in Motional Processing with Dr. Alice Rutbowski, Ph.D., R.M.T.

Nancy Denenberg brings her experience as a Biology teacher, Feldenkrais® movement educator & student physical therapist to her teaching.

Bob Egri, MA, CSW, LMFT is a psychotherapist & workshop leader with 25 years of experience.

Linda Diane Feldt is an experienced instructor in the field of Holistic Health. A student of the healing arts since 1973, Linda Diane has had a full-time private practice & has been teaching in the field since 1981. Her formal credentials include Registered Polarity Practitioner, Nationally certified in Therapeutic Massage & Bodywork, Certified Massage Therapist, completed Beginning & Intermediate Craniosacral Therapy with John Upledger in 1981, & completed an apprenticeship with Susan S. Weed in 1989.

Gelek Rinpoche, incarnate lama from Tibet, was directed by the junior tutors of His Holiness the Dalai Lama to teach the dharma to westerners.

Norma Gentile has recorded two discs of chant & is also an auric healer specializing in Attunement. She combines these talents in leading meditation concerts, small group workshops & private voice or attunement sessions.

John Gingrich, MSW, is a psychotherapist with Humanistic Counseling Associates in Ann Arbor. He specializes in men's issues & relationship therapy.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. He has also studied Esoteric Healing, nutrition, Touch For Health, channeling, Zero Point Process Therapy, & is also a teacher with the Ann Arbor Practical Psychic Institute.

Lisa Gottlieb is a massage therapist with 12 years experience. She is a certified Infant Massage Instructor with the International Association of Infant Massage.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual & personal growth. The primary work of the Pathwork is the transformation of the lower self.

Susan Gross has had six years experience in leading Wiccan groups, with training in various traditions. She has Priestess status as well.

Hanuman feels that Ma-Om Yoga facilitates an "internal awakening to divine love, light & energy." He has recently returned from India, where he had been a resident of the Mata Amritanandamayi Math Ashram for 3 years.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series.

Cindy Klement (Miller) is a certified iridologist, nutritional consultant, herbalist & health educator practicing for nearly 17 years. She is featured frequently on TV, radio & in the Detroit News.

Kami Landy is organizer of ConVocation, the annual gathering sponsored by Magical Education Council of Ann Arbor.

Martha Levinsky (Nikhila) has practiced the visual arts since childhood. She has a BA from the State University of New York, Skidmore College & as MFA from Tyler School of Art. She has been running children's groups for the past 12 years. She is currently practicing Bhakti Devotional singing & meditation with Mata Amritanandamayi.

The Lighthouse Center, Inc., a center for spiritual development founded by Catherine Chetana Florida, provides programs for exploring spirituality through meditation, healing, and other on-going programs.

Magical Education Council of Ann Arbor includes persons with experience in many esoteric, mystical & occult traditions.

Richard Mann is a psychologist & professor at the University of Michigan.

Wendy McClure, MA, studied voice in New York for 5 years with a Julliard graduate. After obtaining her Master's degree in psychology, she created a synthesis of her voice training, psychological understanding, & breath/bodywork technique. She is currently working on her doctoral dissertation, which is on the subject of singing & transformation.

Kathleen Moore is a vocalist & has taught voice for 15 years. She is a music therapist with a BA in psychology & a BS in music, a member of the American Association for Music Therapy, & also a lecturer in music composition at the U of M Residential College.

John Morris , Ph.D. has six years experience in shamanic workshops, 40 hours of training in Institute for Shamanic Studies, & is a Philosopher & Wiccan priest.

kha Murray was trained to teach yoga by the Sivananda Yoga Organization as been teaching for 20 years. She has been a Dharma Teacher & the sident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She s taught introductory meditation & led retreats locally & in Toronto & icago in a variety of settings.

hn Orr was a Buddhist monk in Thailand for 10 years, & now teaches oughout the U.S. He lives in Durham, N.C., where he is on the staff of ke University.

yllis Perry, MSW, CSW is the founder of New Options Counseling. ecializing in holistic & artistic counseling for women in the areas of careers, ucation, relationships, relocation & creativity.

ans Posselt, Ph.D., is an environmental professor & activist.

loria Pritschet is a multi-sourced clairsentient channel & root shamaness. ne has worked in the areas of physical, mental, emotional, & spiritual ellness & wholeness for over 20 years, & feels she has developed a niquely individualized comprehensively integrated approach" to counseling & ealing for individuals, couples, families, & groups.

esse Richards is a teacher & workshop leader. Her background includes the udies of voice, dance, theater, therapeutic healing techniques, & spirituality. he has been teaching locally for 14 years, as well as teaching workshops iroughout the Midwest. She tours nationally as a performance & recording rtist, & has released 8 albums of original music.

heila Ritter uses her own exploration of the sacred, as well as her BA in usic & MA in psychology, to guide participants in exploring how music can uch them in deep ways.

huNahSii Rose is a practitioner & teacher of earth-based spirituality. Her ots in this work trace back to her early childhood under the guidance of her aternal grandmother. Since 1979, ShuNahSii has been studying the stories, ongs, dances, healing practices, & spiritual ceremonies of earth-based eople. She is also the founder & director of Changing Womon--A Center for Vomon-Spirit since 1990.

. Andrew Schreiber, a percussionist for 23 years, has studied world rhythms ince childhood. He has led numerous workshops & classes for adults & hildren, focusing primarily on African & Afro-Caribbean rhythms. He has erformed & recorded in a wide variety of styles including jazz, rock, blues, vorldbeat, & musicals.

Sara Schreiber PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Sandra Shears has been in practice since 1989. She tells us she "is a "live" channel facilitating the flow of energy transmitted to the earthplane from the Spiritual Realm at any given moment."

Matruka Sherman has been a professional astrologer since 1973 & is a member of the NCGR & AFAW. She has been in private practice for over 20 years & teaches both group & private instruction. She also teaches meditation.

Audrey Simon has been a massage therapist for 18 years. She is in private practice, & is a certified infant massage instructor.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

Leah Song, MA, is a psychotherapist in private practice in Ann Arbor.

Nancy Steel is a Reiki Master & practitioner who has 20 years of experience teaching all ages. Nancy & Suzy Wienckowski teach traditional Ursui Shiki Ryoho Reiki & are members of the Reiki Alliance.

Ema Stefanova has taught yoga since 1979 in Europe & the U.S.

Judy Stone is a psychotherapist certified in Bioenergetic Analysis. She has been in practice for 13 years & leading exercise groups for 10 years. She is also a Whole Foods educator & cooking instructor. For the past 15 years, she has been developing an energetic paradigm & program for working on relationship with food issues. She also directs Feeding Your Whole Self, a wholistic program for transforming your relationship

Vegetarian Information Network & Exchange (VINE) is an educational, nonprofit & all-volunteer organization that promotes the adoption of a vegetarian lifestyle. VINE educates the public about vegetarianism & the interrelated issues of health, nutrition, ecology, ethics & world hunger. The VINE promotes a vegetarian philosophy that advocates lifestyles which have minimum impact on our environment, encouraging organic food production, mindful consumption, the use of cruelty-free products & non-toxic household items.

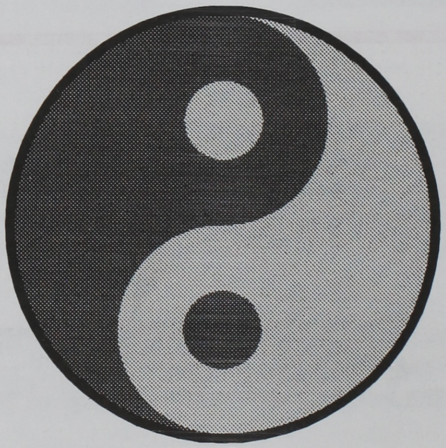
Joan Weiss, MA, CSW is a psychotherapist with Humanistic Counseling Associates in Ann Arbor. She was formerly clinical director of Soundings: A Center For Women, where she developed & led programs for women. She works with individuals, couples & families.

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 15 years of experience in the bodywork field.

Suzanne Willets has her B.S. in education, dance & drama from Eastern Michigan University. She has performed professionally in dance & drama for over 10 years. She brings rich experiences from her studies in yoga, Tai Chi, & Feldenkrais® with the goal of unlocking & empowering the human potential in all of us.

Wasentha Young has been a student of T'ai Chi Ch'uan for 25 years & has instructed nationally since 1974. She has received formal instruction in T'ai Chi Ch'uan Form, Push Hands, Form Application, Sword, Staff, Dao (saber), Chi Kung, & Meditation. Wasentha is a certified Acupressurist & head instructor of the Peaceful Dragon School of T'ai Chi Ch'uan.

"When the heart weeps for what it has lost, the spirit laughs for what it has found."
• Sufi Aphorism



Special Events

***Dimensions In Light Festival** through the **Lighthouse Center, Inc.** • March 2, Saturday, 11 A.M.-7 P.M.* • Lighthouse Center, Inc., is sponsoring its third annual "Dimensions in Light Festival" at Washtenaw Community College in the Morris Lawrence Building. There will be many exhibitors & vendors, including psychic & astrology readings, aura photos, crystals & gemstones, bodyworkers, Reiki, vegetarian food, free lectures & more. Donation is $5 at the door. For more information, contact LaLita at 761-6712, or Mary at 428-7166. Space is currently available for vendors.

***ConVocation '96: Magical Education Council of Ann Arbor** • February 15-18, Thursday through Sunday* • ConVocation represents the organizers' vision of a "magical place" where followers of esoteric & mystical traditions can gather in a safe, harmonious environment to learn, teach, & celebrate. Cost is $40 pre-registration, $50 at the door, $15 for a single day. To register, call or write for forms: P.O. Box 7727, Ann Arbor, MI, 48107-7727; e-mail: convocat@cyberspace.org or Compuserve: 75547.1173. For more information, contact Kami Landy at 761-1137.

***The Celestine Connection** with **Father Leo Booth** through **Church of Today** • January 10, 17, 24, 31, 1 P.M. **and** 7:30 P.M.* • Coincidence or design? Chance or destiny? Father Leo Booth combines the dynamic concepts of his book, The God Game, & the powerful insights of The Celestine Prophecy, to answer these questions & more. Contact the Church of Today for more information: (810) 758-3050.

***Poetry Reading** with **Allen Ginsberg** sponsored by **Jewel Heart** • April 5, Friday* • Please contact Jewel Heart at 434-4411 for further information.

None of us got here by control. We got here because our parents loved each other enough to lose control; that is part of the universe's ecstasy.
• Matthew Fox

Crazy Wisdom Bookstore Lecture Series

***Empatheatre** with **Sara Schreiber, Ph.D.** • January 19, Friday, 8 P.M.* Dr. Schreiber will explore & discuss empatheatre: an improvisational group therapy & psychodrama. Tea served at 7:30 P.M. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

***Clairvoyant Development** with **John Friedlander** • February 16, Friday, 8 P.M.* • How can we use our clairvoyant ability to enhance our relationships & reality creation? John will discuss what clairvoyance is, how to develop it, & how you can use it to connect with relationships & life itself. Tea served at 7:30 P.M. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

***Reiki From the Heart** with **Ray Golden** • March 15, Friday, 8 P.M.* • Reiki is a powerful, natural, easy to learn healing technique for physical, emotional, mental, & spiritual well-being. Ray will describe what Reiki is, how it's used, & how it integrates with other therapies. Tea served at 7:30 P.M. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

***Alternative Medicine Cabinet** with **Cindy Klement (Miller)** • April 26, Friday, 8 P.M.* • A presentation of alternatives to ordinary drug store remedies for common physical & emotional ailments. Tea served at 7:30 P.M. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

To be considered for our lecture series, please contact Sarah Newland at Crazy Wisdom Bookstore, 665-2757.

The quotes used in this Crazy Wisdom Calendar were found in the following books: No Enemies Within by Diana Markova, A Dancing Star by Eileen Campbell, & Carpe Diem by Sean McMahon. These books are available at the store.

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THE CRAZY WISDOM CALENDAR

OF LOCAL CLASSES, LECTURES, WORKSHOPS & EVENTS

MAY THROUGH AUGUST 1996

HERBS

YOGA

MEDITATION

FOOD + HEALING

BODYWORK

MOVEMENT & DANCE

TAI CHI

PERSONAL GROWTH

infant massage

BUDDHISM

BIOENERGETICS

REIKI

This is the third edition of **The Crazy Wisdom Calendar,** compiled and distributed free by Crazy Wisdom Bookstore. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Bodymind Therapies, Psychology, Buddhism, Spiritual Development & Consciousness. This calendar provides information about a wonderful array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering September through December), please respond in writing by Friday, July 26, or contact Bill Zirinsky at Crazy Wisdom Bookstore: 313-665-2757.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Once again, we hope that this calendar will be a useful resource for you, and that you might partake of some of the offerings!

Animal Communication

Animal Communication with **Marcia Vincent** • May 11th and 18th, 2 PM-4 PM, **or** June 1st and 15th, 2 PM-4 PM, **or** July 13th, 2 PM-4 PM, **or** August 3, 2 PM-4 PM • Do you wonder what your animal has to say? Are they happy, why do they do the things they do, do they have behavioral problems, and so on. Communication with them may give you some answers. Animals need not be present. Cost is $50. To register or for more information, contact Marcia Vincent at 517-548-6825

Astrology

Introduction to Astrology with **Matruka Sherman** •May 1-29, Wednesdays, 5:00-6:30 PM • An understanding of celestial influences will inspire you to become creator of your own destiny. This class will emphasize the basics, and how to begin to understand the planets, signs, houses, and the other factors which make up the natal horoscope. Cost is $75 for five weeks. To register or for more information, call Matruka Sherman at 213-7075.

Intermediate/Advanced Astrology Class with **Matruka Sherman** • May 7-June 11, Tuesdays, 7:30-9:30 PM • This is an astrology class devoted to deepening self-awareness and self-acceptance and learning to make better informed choices. Recognize patterns that impede your growth. This class will be tailored to students' level of development and interest. Cost is $90 for six weeks. To register or for more information, contact Matruka Sherman at 213-7075.

Karmic Astrology Workshop with **Matruka Sherman** • June 15, Saturday, 9 AM-Noon • Everything you always knew about karma but still couldn't handle. Whether you're stuck on the wheel or stuck in traffic, you're invited to come and learn ways to align yourself with your own true nature. Cost is $50. To register or for more information, contact Matruka Sherman at 213-7075.

Bioenergetics

Bioenergetic Exercise Group with **Judy Stone** through **Feeding Your Whole Self™(FYWS)** • May 6-June 17, Mondays, 6-7 P.M. **or** May 10-June 21, Fridays, 10-11 A.M. (no classes in the first week of June) • Using stretching, grounding, and work with breathing and sound, you will become more aware of and release tension you have been holding in your body. The result is an increased capacity for feeling, more energy and aliveness, and a greater sense of self. Cost is $50 for six weeks. To register or for more information, contact FYWS at 994-5549.

Bodywork and Massage

Fibromyalgia with **Barry Ryder** through the **Ann Arbor School of Massage and Bodywork** • June 8, Saturday, 8 AM-2:30 PM • This is a 6-hour workshop exploring current research and methods of working with clients who have fibromyalgia. Cost is $60. To register or for more information, contact Barry Ryder or Deborah Salerno of the Ann Arbor School of Massage and Bodywork at 662-1572.

Rolfing-A Gentle Approach with **Khita Austin** and **Leland Austin** • June 13, Thursday, 7-9 PM • Often perceived as painful, Rolfing has evolved into a gentler process of unwinding and creating length within the body's myofascial web. Releasing patterns of constriction within the fascia evokes a taller, more graceful body in which inner strength, adaptability, and centeredness replace armoring and tension. This is a hands-on presentation for interested persons who desire the opportunity to experience a gentler Rolfing touch. Cost is free. To register or for more information, contact the Austins at 741-0038.

Graceful Strength: Joseph Pilates Meets Ida Rolf with **Khita Austin** and **Leland Austin** • July 11, Thursday, 7-9 PM • Whereas Rolfing works to lengthen dense and constricted tissue, the rehab exercises of Joseph Pilates reeducate, stabilize, and mobilize the deep neuromuscular system of the body. Together, these two modalities form an integrated and wholistic approach to overall body balance—strength, mobility and grace. Discussion, demonstration, and the opportunity for participants to experience both techniques. Cost is free. To register or for more information, contact the Austins at 741-0038.

Craniosacral Therapy and Trance Applications with **Linda Diane Feldt** • July 9, July 23, August 6, August 20, September 10, September 24, Tuesdays, 7-9:30 PM • This is a highly individualized class covering basic Craniosacral Therapy and utilizing trancework during bodywork. A minimum number of practice sessions between each class is required, as is prior bodywork experience and an interview. Cost is $100-$140. To register or for more information, contact Linda Diane Feldt at 662-4902.

Massage to "UnTHAI" the Knots--Thailand Medical Massage with **Nina Howard** • May 17, Friday, at 7:30 PM • Nicknamed "Yoga for lazy people," traditional Thailand Medical Massage is a combination of yoga stretches, acupressure and reflexology carrying nourishing chi energy via the meridians to all parts of our body and organs. Cost is $5 for members of the Nina Howard Studio, $10 for non-members. To register or for more information, contact Tessa Babcock at 810-229-7978.

Belavi Facelift Massage Seminar with **Nina Howard** • August 16-18, Friday to Sunday • This course is a dynamic hands-on training course designed for professional health and skin care practitioners such as massage therapists, bodyworkers and estheticians. Cost including product kit is $575. To register or for more information, contact Nina Howard at 747-8517.

Managing Arthritis Pain Through Chiropractic Care and Massage Therapy with the staff of **Complete Chiropractic and Massage Therapy** • June 6, Thursday, 7-9 PM • A panel discussion on how to treat arthritis pain. Emphasis will be placed on the multiple approaches available, nutrition, stretching and home care. The panel will include chiropractors Linda Sayer and Kathleen Dvorak, and massage therapists Lisa Gottlieb, John Gutoskey and Renee Rutz. Cost is free. To register or for more information, contact the Arthritis Foundation at 572-3224.

Neuro-Emotional Technique with **Glenn Miller** • May through August, 2nd Tuesday of each month, 6:30 PM • This class is focused on learning about how we store our negative emotional experiences in different parts of our body, which sets up stress patterns in the body. The cost is free. To register or for more information, contact Glenn Miller, D.C., at 995-2124.

Breath Workshop with **Robert Hughes** • Starting May 18, six Saturdays, 10 AM-Noon • The breathing techniques pioneered by Gay and Katherine Hendrix will be presented and experienced. The focus of the class is on personal growth and realization through these techniques and sharing circles. Cost is $75. To register or for more information, contact Robert Hughes at 747-9920.

The Crazy Wisdom Calendar is published seasonally by Crazy Wisdom, Inc.
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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter and our son, Sam.

This issue of **The Crazy Wisdom Calendar** was compiled and edited by Bill Zirinsky, with assistance from Rachel McKee and Jon Ellis.

Crazy Wisdom Bookstore's manager is Carol Karr. The staff consists of: Jonathan Ellis, Heather Graham, Sarah Newland, Jodi Joseph, Frances Tashnick, and Suzanne McLinden.

Unless otherwise noted, the quotes used in this **Crazy Wisdom Calendar** were found in the following books: No Enemies Within by Diana Markova, A Dancing Star by Eileen Campbell, & Carpe Diem by Sean McMahon. These books are available at the store.

Buddhist Teachings and Buddhist Meditation

Guide to Bodhisattva's Way of Life through **Jewel Heart** • Ongoing, May 7-June 18, Tuesday evenings, 7:30 PM (will resume in September) • Guide to the Bodhisattva's Way of Life is one of the primary Tibetan Buddhist teachings offering step by step methods towards developing a kind and compassionate approach with all we meet in our daily life. Cost is free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

Lam Rim-Mahayana (Monthly Meeting) through **Jewel Heart** • May 19 and June 16, Sundays, 1:30-4:00 PM --(will resume in September) • The Lama Rim is the complete dharma teaching, containing the essence of all the Buddha's teachings, arranged in a fashion that is easy to apply in our daily life, working with the intention to bring happiness and stop harmful behaviors both toward ourselves and the world around us. This course can help you decide whether you want to choose Buddhism as a spiritual path. Free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

> MY RELIGION IS VERY SIMPLE—MY RELIGION IS KINDNESS
> —**DALAI LAMA**

Lam Rim-Beginning (Monthly Meeting) through **Jewel Heart** • May 26 and June 23, Sundays, 1:30-3:30 PM (will resume in September) • See description directly above, for Lama Rim-Mahayana. Free; donations accepted. All are welcome. Call 434-4411 or 994-3387 for more info.

Jewel Heart Joyful Summer Retreat (Week Long Gathering) with **Gelek Rinpoche** • August 26 to Sept. 2 on site for the week in Fenton, Michigan at Camp Copneconic • This year's Joyful Summer Retreat promises fun and healing experiences for Buddhist and non-Buddhists alike. Gelek Rinpoche will be teaching White Tara healing practices and Drubwang Ganchen Rinpoche will present his timeless healing exercises, which you will find well-suited for the western outlook. Price not yet available. For cost and/or information, contact Jewel Heart at 434-4411 or 994-3387.

Introductory Zen Meditation Course through the **Zen Buddhist Temple** • Beginning May 30 and July 11, five Thursday evenings, 6:15 to 8:30 PM. • Cost $120/$100 for students. For more information, contact the Zen Buddhist Temple at 761-6520.

Overnight Introductory Meditation Course through the **Zen Buddhist Temple** • August 9-August 10, Friday 7 PM—Saturday 4 PM • Cost is $140/$120 for students. For more information, contact the Zen Buddhist Temple at 761-6520.

Buddha's Birthday Celebrations through the **Zen Buddhist Temple** •

♠Saturday, May 25:
- 11:00 AM: Special Service for Children;
- 2:30 PM: "Remnants of Buddhist Insight," a public talk by Professor Luis Gomez, Dept. of Asian Languages and Culture, U of M;
- 6:00 PM: Hors D'oeuvre and Dessert Buffet Extraordinaire, and American Buddhist Concert.

♠Sunday, May 26:
- 9:00 AM: Meditation;
- 9:30 AM: Religious Service;
- 3:00 PM: Introduction to Zen Meditation—Talk and Demonstration;
- 7:30 PM: Lotus Lantern Lighting and Chanting Service—The lighting of beautiful flower lanterns, a unique Korean tradition, ends the Buddha's Birthday observance in a serene and lovely way.

All welcome. Also: Cafe and book sale, Saturday afternoon and Sunday all day. For more information, contact the Zen Buddhist Temple at 761-6520.

> *if you understand, things are just as they are;*
> *if you do not understand, things are just as they are.*
> *—Zen koan*

Sunday Services at the Zen Buddhist Temple • Every Sunday • Morning meditation from 9:30 to 11:00 is two periods of meditation followed by a talk. Afternoon meditation from 5 to 6:30 has one period of meditation, chanting, and a talk and question period. By donation. For more information, contact the Zen Buddhist Temple at 761-6520.

One-Day Retreat with **Sukha Murray** through the **Zen Buddhist Temple** • May 3-4 **or** June 7-8. Friday 7 PM to Saturday 5 PM or Saturday 8 AM to 5 PM • Cost is $50. To register or for more information, call the Zen Buddhist Temple at 761-6520.

The Zen Buddhist Temple's Tenth Annual Summer Lecture Series • Ongoing in July, Tuesdays, 7:30 PM • The theme this year is "Understanding Buddhism in Everyday Life." July 9: *Money and Our Lives: One Perspective,* Guy Marshall, Senior Project Engineer, General Motors Proving Ground; July 16: *The Art of Relationships: Work and Home,* Pam Dodd, self-employed organizational consultant; July 23: *Buddhism in the Life of a Graduate Student,* Vonesca Stroud, MFA-poetry, U of M and Jeff Boland, Ph.D. student, Math Dept., U of M. For more information, call the Zen Buddhist Temple at 761-6520.

Channeled Teachings

Crystal Clear Expressions: A Channeling Evening with **Nanci Rose Gerler** • First Monday of every month, 7 PM-8:30 PM • Various masters, guides or angels will be channeled with messages of spiritual guidance and love. Taping permitted. No charge; donation for refreshments requested. Please call for reservations and directions as space is limited. For more information, contact Nanci Rose Gerler at 996-8799.

Open House Channeling Sessions with **Barbara Brodsky** through the **Deep Spring Center** • Open house on Wednesdays-May 1, 8, 15, 29, June 5, 12, at 7:30 PM. Will resume in September • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the U.S. by Barbara Brodsky. No fee, but donations are appreciated. No advance registration necessary. For more information, write the Deep Spring Center, 3455 Charing Cross Road, Ann Arbor, MI, 48108, or contact Deep Spring Center at 971-3455.

Seth Series on Emerging Multidimensional Relationships with **John Friedlander** Channeling Seth • May 10, June 7, July 12, August 9, Fridays, 7:30-9:30 PM • Since these talks are channeled, call to confirm specific topic. May be attended separately. Cost is $10 each. To register or for more information, contact Julia King at 761-6999 or Ray Golden at 663-6075.

Awaken Your Light Body! with **Sandra Shears** • Every week, Thursdays, 10-11:30 AM and 7-8:30 PM • "Through a meditative program the flow of energy transmitted to the earthplane from the Spiritual Realm at any given moment is facilitated. This divine energy creates physical and etheric healing, light body activation and soul connection as one becomes a Source of Light, here and now." Donation basis. Contact Sandra Shears at 994-0047 for location.

Chanting

Meditation Chants with **Norma Gentile** • June 1, Saturday, 8 PM • An evening of sacred chants sung in candlelight by Norma Gentile. This concert explores the masculine and feminine elements of primordial creation found in the music of the 12th century mystic and abbess Hildegard von Bingen. This is a sacred place dedicated with poetry, music and silence. Suggested donation: $10-$15. For more information, contact Norma Gentile at 313-332-4606.

Sacred Chant Workshop with **Norma Gentile** • the second Sunday of June, July and August---June 9, July 14, August 11---4 PM-6PM • This is a participatory session of music-making based on the traditions of sacred chant. During this session you may choose to sing or simply relax and listen. All are welcome to participate as they see fit. Being able to read music is helpful, but not essential. Musical scores, if any, will be provided to all. Suggested donation: $10. Advance registration is not required. Contact Norma Gentile at 313-332-4606 to confirm time/location.

A Celebration of Chant led by **Lynn Malley** • May 19, Sunday, 4-6PM • Lynn Malley leads this afternoon workshop dedicated to singing a variety of music within the chant style. During this session you may choose to learn to sing some chant music or listen and relax. Being able to read music is helpful, but not essential. Musical scores will be provided to all. Suggested donation: $5-$15 for individuals, $25-$50 for entire church/community choir and director. Advance registration is not required. For more information, contact Norma Gentile at 313-332-4606.

Eastern Teachings

Inspirational Evenings through the **Sri Chinmoy Centre** • Fridays evenings at 7:30 PM • A series of documentaries and videos, some in Hindi with English subtitles. Cost: free. For more information, contact the Sri Chinmoy Centre at 994-7114.

~May 3~Jharna Kala: the Art of Sri Chinmoy
~June 7~Brindaban, the Land of Krishna
~July 12~From the Heart...to the Heartland: the Peace Run

THE WINDS OF GRACE BLOW ALL THE TIME. ALL WE NEED TO DO IS SET OUR SAILS.
—RAMAKRISHNA

Satsang for Mata Amritanandamayi (Ammachi) • Ongoing bi-weekly gatherings on Saturdays • A gathering where the spiritual practice of devotional singing, meditation, chanting of the 108 names of the Divine Mother, and sharing food take place. Ammachi has said that satsang will bring inner purification, strength and a sense of unity and community. "Satsang will make our hearts full with thoughts of God." All children and adults welcome. No cost/potluck food. For more information including dates, times, and location, contact Kumars at 429-4781 or Kymals at 665-6488.

Food and Healing

Introduction to the Vegetarian Diet with **Kapila Castoldi** • May 24, Friday, 7:30 PM • An introductory lecture on the vegetarian diet. Free of charge. To register or for more information, call the Sri Chinmoy Centre at 994-7114.

Eating Healthy on the Run with **Cindy Klement** • June 24, Monday, 7:00-8:30 PM • Need a few guidelines as to what to eat while on the run? Samples and suggestions make this seminar very useful. $12 each session. For class brochure, please leave name and address on answering machine. For more information, call Cindy Klement at 665-0383.

Natural Healing with Food and Herbs with **Cindy Klement** • Saturday seminars through August 17, 9:00-10:30 AM -- no class on May 11, May 25, June 15 or July 6 • Understanding body systems will help you to make informed nutritional choices. Join us each week for a seminar on the following topics: the intestinal system; the nervous system; the glandular system; the immune system; the respiratory system; the urinary system; the skeletal and musculature systems; special senses (eyes, ears, smell, taste); the reproductive systems; hair, skin, nails and teeth; weight management; and children's health. Cost: $12 each session. For class brochure, please leave name and address on answering machine. For more information, call Cindy Klement at 665-0383.

Giving Voice Workshop with **Judy Stone** and **Kathleen Moore** • May 11, Saturday, 2:00-5:00 PM • A three hour workshop with music therapist/vocalist Kathleen Moore and Bioenergetic therapist Judy Stone that explores vocal expression and your relationship with food. Cost is $40. To register or for more information, call Kathy at 663-8146 or Judy at 994-5549.

"If doctors of today will not become the nutritionists of tomorrow, the nutritionists of today will become the doctors of tomorrow."
--Thomas Edison

Enjoying Food, Enjoying Health with **Judy Stone** through **Feeding Your Whole Self™ (FYWS) & Whole Foods Market** • Ongoing, third Tuesday of each month, 7-8:30 PM. Topics: May 21: "Soy Foods;" June 18: "Alternatives to Sugar;" July 16: "Quick Foods;" • Feeding Your Whole Self and Whole Foods Market are co-sponsoring this free, monthly support/education group for people who are interested in healthier eating as part of their commitment to wellness. Each month features a short presentation on a different topic by FYWS Director Judy Stone, followed by the opportunity for questions and discussions. To register, contact Whole Foods Market at 971-3366. For more information, contact FYWS at 994-5549, or Whole Foods Market.

Diet for the Soul (Level I) -- "Understanding the Energy of Food, Body and Feeling" with **Judy Stone** through **Feeding Your Whole Self™** • Starting date to be set based on participants, beginning in May, runs eight weeks • Diet for the Soul is an in-depth program that provides a wholistic alternative to traditional diet-focused programs. For those who want to find more ease in their relationship with food, it offers a safe, supportive environment and skilled guidance for transforming your relationship with food, body and self. Cost is $240/8 weeks, payment plan available. To register or for more information, contact FYWS at 994-5549.

Diet for the Soul (Level I) -- "Understanding the Energy of Food, Body and Feeling" with **Judy Stone** through **FYWS** • Saturday, June 22 and Sunday, June 23, 9:30-5:00 PM • See description directly above this listing. Cost: $150. For information or to register, call FYWS at 994-5549.

Herbs, Plants and the Garden

The Magickal Garden--A Class for Womyn on the Healing Power of Plants with **ShuNahSii Rose** • This class started April 15, and runs to June 10, Mondays, 7:00-9:00 PM • Explore the magickal, medicinal, and nutritional properties of local common plants. Learn practical ways to integrate the healing power of the green ones to enhance and/or sustain the overall well-being of you and your family. Sliding scale fee: $115-$200. To register or for more information, call ShuNahSii Rose at 761-9148.

Fasting and Cleansing with Herbs with **Cindy Klement** • June 17, Monday, 7:00-8:30 PM • What a perfect time of year to learn the proper way to fast and how to break the fast. Pros and cons of fasting will be presented, along with directions for fasting 1-14 days. Cost is $12. For more information or to register, call Cindy Klement at 665-0383. For class brochure, please leave name and address on her answering machine.

Herbal Wisdom with **Linda Diane Feldt** through the **People's Food Co-op** • A series of Tuesday evening classes which continues into the Fall. 7:30-9:30 PM • May 7: *Ritual and Unconventional Use of Herbs*; June 4: *Your Free Lunch, How to Begin Wild Harvesting*; July 2: *Hands on Workshop on Making Salves and Tinctures*. Free, registration in advance required through the People's Food Co-op. For more information, call the Co-op at 769-0095.

Herbal Wisdom -- One Year Herb Class with **Linda Diane Feldt** • Tuesday evenings, 7-9 PM • An informal series to explore Herbal Wisdom and nourishing plants. May 21: *Chronic Illness and Herbs, Integrating Your Health Care Choices;* June 18*: How to Talk to Plants and Avoid the Impression of Lunacy*; July 16: *Your Free Lunch, How to Begin Wild Harvesting*. Classes may be taken individually; register at least one day in advance. Cost: $10-$20, sliding scale. To register or for more information, call Linda Diane Feldt at 662-4902.

Spring Weed Walks with **Linda Diane Feldt** • May 25, June 8, June 15, Saturdays, 1:00 -3:00 PM • We will explore local fields and parks, learning to identify plants and how they can be used for nourishment and healing. $20-$40 for all three classes. To register or for more information, contact Linda Diane Feldt at 662-4902.

"Wild plants carry spiritual power, emotional power, physical power, and other, invisible, unnameable powers as well. Eat a wild plant, and you're eating wholeness."
Susun Weed, from her book, Healing Wise

Homeopathy

The Homeopathic Kit, What It Is and How to Use It with **Mary Tillinghast** • Ongoing series--Session 5: May 16 and May 23, Thursdays, 7:30-9:30 PM; Session 6: June 1, Saturday, 10:00 AM-2:30 PM (brown bag lunch) • The kit is a workshop covering the most frequently asked questions about homeopathy, its theories, principles and most importantly, its practical applications. The major focus of the class will be on how to use the remedies contained in the Castle Remedies' First Aid Kit. Cost: $45. For more information, or for an application form to register for the class, call Castle Remedies at 973-8990.

Infant Massage

Infant Massage Class with **Audrey Simon** • Wednesday mornings at 10:30 AM, new classes start monthly • 4 week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance the loving communication and bond between baby and caregiver. Cost is $85, which includes handbook, bottle of oil, and handouts. To register or for more information, call Audrey Simon, 741-9706.

Iridology

Iridology Class with **Cindy Klement** • July 1-August 5, Mondays, 7-8:30 PM • This class will present Iridology in a way that will be of valuable use even to the lay person. Enjoy video presentations of other Iridologists who have been studying for many years, along with slide presentations consisting of over 600 eyes to give everyone a chance to study different irises and their associated body conditions. There will be a book, charts, and other materials available for purchase before and after class. $12 per weekly session. To register or for more information, contact Cindy Klement at 665-0383. For class brochure, please leave name and address on her answering machine.

Kids and Young Adults

Zen Buddhist Temple's Ninth Annual Summer Camp for Children • July 27—July 31. Emphasizing peace, cooperation, mindfulness, and fun. Vegetarian food. Parents and other adults welcome. Ages 3-15. For further information, call the Zen Temple at 761-6520.

Teens Class in T'ai Chi Ch'uan with **Wasentha Young** • Summer intensive, July 15-August 9, 5 days a week, Monday to Friday • In the Teens class, youths can begin to cultivate tangible techniques that will help minimize the effects of stress in their lives. Focusing on the Form, Push Hands, Chi Kung, and Meditation, this class will aid the individual to strengthen concentration, the sense of balance, and general well-being. For more information, contact Peaceful Dragon School of T'ai Chi Ch'uan at 207-9323.

Reiki for Children with **Suzy Wienckowski** and **Nancy Steel** • June 15, Saturday, 10:00-11:30 AM • Ages 0-16 years. Reiki is a gentle hands-on healing so simple and natural anyone any age can use it. Reiki empowers children to bring healing energy to themselves, pets and others (even their parents). Certificate and pin awarded. Fees: $25. To register or for more information, call Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

One never loves enough
—Aldous Huxley

CRAZY WISDOM BOOKSTORE LECTURE SERIES

Wholistic Healing for Animals with **Betsy Adams** • May 17, Friday, 8 PM • Betsy Adams will present information on nutrition for animals, energy healing, animal communication, vaccination and natural treatments for common problems. Tea served at 7:30 PM. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, please contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

How to Stretch Your Way Out of Carpal Tunnel Syndrome with **Anne Carbone** • June 21, Friday, 8 PM • Reduce and prevent pain, numbness, and tingling in your fingers, hands, wrists and whole upper body with effective new exercises you can do yourself. Tea served at 7:30 PM. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

Plants as Allies in Healing with **Bronwen Gates, Ph.D.** • July 19, Friday, 8 PM • Within the nature kingdom are found rich resources for the healing of the human and the planet. Bronwen Gates will share her global vision of plants as healing allies for the earth and her people. Tea served at 7:30 PM. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 N. Fourth Avenue. For more information, contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

To be considered for our lecture series, please contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

Meditation

Meditation with **Barbara Brodsky** at the **Deep Spring Center for Meditation and Spiritual Inquiry** • May 13, June 3, June 10, Mondays, Sitting at 7 PM, Class from 8-10 PM • The two foundations of Deep Spring's meditation program are Insight Meditation and deepening awareness of innate perfection. Insight Meditation is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, focused awareness—which allows us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance.This process of opening compassionately to ourselves moves from the sitting period to the whole of our lives. Insight practice is balanced with a deepening awareness of our true nature, not as something which we strive to manifest but as that which is eternal and present Now. The meditations derive from Buddhist Theravadin and Dzogchen traditions, but no special religious beliefs are necessary to their practice. Donation accepted. You may come just for the sitting. Reservation suggested as space is limited. If you are a beginner, instruction is available. For more information, call 971-3455.

Residential Meditation Retreat at the **Deep Spring Center for Meditation and Spiritual Inquiry** • June 14-22, held at Emrich Center, just north of Ann Arbor • You may come for the first weekend or as many additional days as you choose. Vegetarian meals and comfortable accommodations in a lovely rural setting. The retreat is led by John Orr, who was a Buddhist monk in Thailand for ten years, Barbara Brodsky of the Deep Spring Center, and Aaron, a spirit whom Barbara channels. (All three teachers will provide instruction in the meditation practices described in the listing directly above.) The retreat is appropriate for beginning and advanced meditators. Except for instruction, group discussions and private meetings with the teachers, the retreat will be held in silence. For a complete flyer, more information, to register, or for prices, contact David at 665-4298 or Hal at 971-3455. Space is limited. Pre-registration is required.

Introductory Lecture on Transcendental Meditation through the **TM Center** • For dates and times, check listings in the Ann Arbor Observer, or call 996-8686. The lectures take place about four times a month • A one hour lecture and question-and-answer period about Transcendental Meditation: what it is and is not, what the experience is like, what the benefits are from regular practice, and how to learn TM. Class is free. Just show up. For more information, contact Ann Rappaport at 996-8686.

Mastering Meditation with **Kapila Castoldi** through the **Sri Chinmoy Centre** • May 6, 13, 20, Mondays, **or** June 11, 18, 25, Tuesdays, **or** July 11,18,25, Thursdays, at 7:30-9:30 PM • This 3-week study program covers the essentials of meditation, quieting the mind, practical techniques of relaxation and meditation, and self-improvement. Cost: free. To register or for more information, contact the Sri Chinmoy Centre at 994-7114.

NOTE TO OUR READERS: There are a number of other wonderful resources for learning to meditate, and learning about meditation, in the Ann Arbor area. For a start, peruse the offerings listed in the ***Buddhist Teachings and Buddhist Meditation*** *section of this calendar. Jewel Heart (the Tibetan Buddhist Center) and the Zen Buddhist Temple both have offerings listed in that section. They are oases of mindfulness, and both offer subtle and textured environments in which to learn how to meditate. The Crazy Cloud Dharma Center (741-1084) is also an exciting and special place in which to experience meditation and spiritual development. It is not currently offering public events, but persistence would probably be met in a welcoming manner. The Siddha Yoga community has been going strong in Ann Arbor for a full twenty years, and the Siddha Yoga Meditation Center (747-7116) continues to be a haven for people seeking meditation, chanting and spiritual sustenance. It offers weekly chants and meditation experiences. There are also a number of other groups or small communities in Ann Arbor which gather to meditate, or, as part of gathering, make meditation a part of what they do.*

Sic itur ad astra
Such is the way to the stars
—**Latin Proverb**

Men's Support Groups

Being A Man: Love, Hate, Shadows, and Light with **Richard Gull** • Ongoing, Monday evenings, 7:15-9:15 PM • An exploration of being a man and being human through in-depth discussion and ritual. Cost: $15 per session. To register or for more information, contact Richard Gull at 930-2624.

Mime

Annual Summer Intensive, presented by **OPUS Mime,** with **Michael Lee and Malcolm Tulip** • August 5-10, 9:00 AM-Noon, 1:00-3:00 PM, Recital/Demonstration on August 10 at Community High • One week of intensive classes in physical conditioning and mime technique, with emphasis on communication of ideas and creation of pieces expressing individual concepts. Recital/demonstration at end of course to show concepts and individual works. Tuition: $150. To register or for more information, contact Michael Lee at 665-5134.

Mime Technique for Actors and Dancers, presented by **OPUS Mime** with **Michael Lee** • August 19-23, Monday to Friday, 6-9 PM, at Ann Arbor Civic Theatre • One week of evening classes specially designed for actors and dancers, to teach organic mime principles and the physical basis of acting through the vocabulary of the body. Tuition: $75. To register or for more information, contact Michael Lee at 665-5134.

Movement and Dance

Movement Journey with **Hava Jean Delgado** • Ongoing Tuesday and Thursday evenings, 7-9 PM • Healing, empowerment, self-rejuvenation, celebration through movement, sounding, drawing and writing. These sessions are helpful for individuals in all forms of recovery and for therapists wishing to expand their knowledge base. Cost: $30 individual class; $15 group class. To register or for more information, contact Hava Jean Delgado at (313) 697-1579.

Earth Dance with **Jesse Richards** • Summer classes begin June 21 • Earth Dance combines jazz with African-based movement, martial arts and ballet. It's an exciting and energetic dance style which develops a deep sense of strength, alignment and the joy of moving. To register or for more information, contact Jesse Richards at 995-2972.

Contemplative Dance: Spirit and Nature with **Mary Ramsay** and **Alton Wasson** • Weekend workshop: May 17, 6:30-9:30 PM and May 18, 9:30 AM-5:30 PM and May 19, 9:30 AM-1:30 PM • Contemplative Dance is movement as spiritual practice, artistic resource and psychological narrative. This approach has also been called authentic movement and movement in depth. This weekend workshop will focus on our relationship to nature and making a bridge between being in our bodies and being in nature. Cost: $200 by April 29 with $50 deposit, or $225 by May 17. To register or for more information, contact Robin Graubarth at 665-2345 or Peter Norlin at 913-5810.

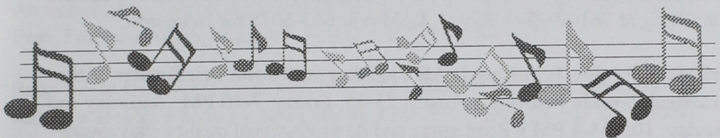
Please do not call Crazy Wisdom Bookstore with questions about the classes, workshops, lectures and events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Group Voice and Harmony with **Kathleen Moore** • Starts in May, ongoing on a bi-weekly basis • Small group that will focus on healthy and effective voice usage, ear training, creating harmony, sharing songs, and, optionally, individual work. Cost: $20 per session. To register or for more information, contact Kathleen Moore at 668-8146.

Women's Circle of Sound with **Kathleen Moore** • Starts in May, bi-weekly • Using voice, percussion, and other music experiences, this small group brings together women who wish to explore and share themselves through music. The initial focus will be reclaiming and expressing our creativity. All/no music backgrounds welcome. Cost: $20 per session. Call to register as soon as possible. For more information, contact Kathleen Moore at 668-8146.

Mixed Level Group Singing Class with **Jesse Richards** • Class starts May 18 and runs 8 weeks, Saturdays, 10:30 AM-Noon • Singing instruction for all levels and styles. For personal growth and pleasure, as well as to reach your fullest musical potential. This class helps in developing greater self-awareness, technical expertise, confidence and joy in singing. Cost is $100. To register or for more information, contact Jesse Richards at 995-2972.

Nature of Rhythms with **O. Andrew Schreiber** • Call for dates, times, location and fees • The intention of this class is to deepen our awareness and appreciation for the rhythms of natural cycles, & to strengthen our connection with the earth through drumming. We will learn hand drum rhythms from various cultures, as well as explore the evolution of rhythmic concepts and instruments. All levels welcome. To register or for more information, contact O. Andrew Schreiber at 668-6380.



Drumming on the Edge of Nothingness with **John Kilis** • Ongoing, Mondays, 6-7:30 PM • In a small drum circle, participants will learn effective sound production, rhythm awareness, improvisational skills, circle etiquette, and venture into the transcendent nature of drumming. Drummers will play instructive games and drills with djembe drums, bells and percussive objects to co-create and master multi-part rhythms. Cost: free. To register or for more information, please contact John Kilis at 761-3809.

Ubaka Hill, Shapeshifters: A Two Day Drumming Intensive through **Changing Women** • July 13 & July 14, Friday and Saturday, 1:00-4:00PM • Ubaka Hill, the director of the Drumsong Institute, and an acclaimed teacher/performer, will be coming to Ann Arbor to wake up the healing, passionate power of the drum to unite families and communities. Sunday night concert, too--$10. Sliding scale fee for the intensive: $50-$90. To register or for more information, contact ShuNahSii Rose at 761-9148.

CRAZY WISDOM BOOKSTORE

206 north fourth avenue, ann arbor, michigan
(between ann & catherine streets)
313-665-2757

Monday & Tuesday 10-7
Wednesday through Friday 10-8
Saturday 10-7
Sunday 12-7

Personal Growth

Integrating Psyche and Spirit with **Michael Andes** and **Jonathan Ellis** • May 14-June 18, Tuesdays, 6-8 PM • We are emotional beings with psychological patterns which do not disappear when we pursue a spiritual path. A complete life involves recognizing both our emotional and our spiritual natures. In six weekly two-hour sessions, you will be guided to integrate psyche and spirit through a series of self-explorations and group sharing. Fee: $30 per session. Registration until May 10. To register or for more information, contact Jonathan Ellis at 668-6672.

PSALM 131-The Book of Psalms

"Lord, my mind is not noisy with desires
and my heart has satisfied its longing.
I do not care about religion
or anything that is not you.
I have soothed and quieted my soul,
like a child at its mother's breast.
My soul is as peaceful as a child
sleeping in its mother's arms.

—from **The Enlightened Heart: An Anthology of Sacred Poetry,** edited by Stephen Mitchell

The Art of Journal Writing with **Phyllis Perry** through **New Options Counseling** • One hour per week for eight weeks, dates and time to be announced • Learn how to set goals, solve problems and heal through journal writing. Live creatively, according to your true nature and inner voice. Use journal writing as a tool for self-discovery. Small groups, confidential and nurturing. Cost is $25 per session. To register or for more information, contact New Options Counseling at 973-0003.

The Artist's Way Workshop with **Phyllis Perry** through **New Options Counseling** • One and a half hours per week for 13 weeks, dates and time to be announced • Learn about "The Morning Pages" and "The Artist's Date." Live in touch with your creative self and inner voice. $25 per session. To register or for more information, contact New Options at 973-0003.

The Healing Power of Dreams with **Rebecca Mullen** • May 13-June 10, Mondays, 7-9 PM • Dreams come to us for the purpose of health and healing. They balance and regulate psychic energies by revealing the root causes of inner disharmony and hidden potential. Members will be encouraged to share their dreams and appreciate their dreams' symbolic meaning. First session free, then $15 per session with sliding scale. To register or for more information, contact Rebecca Mullen at 662-5925.

The Heart of the Matter with **Bob Egri** • May 27 **or** June 10 **or** July 29 **or** August 26, Mondays, 7-10 PM • This workshop is intended to give simple, laser-like techniques to undo the three crucial factors that are the root cause of all human suffering. Learn to deal with what you dread, fear or worry will happen to you. This workshop will enable you to feel good about yourself regardless of what has happened or is happening in your life. Cost is $75, with money-back guarantee Workshop is limited to 8 to allow time for personal coaching. To register or for more information, contact Bob Egri at 665-6924.

Transform Your Dreams and Fantasies into Reality with **Debbie Taylor** • May 4, Saturday, 1:00-2:30 PM • By visualizing creatively, we are able to focus on our goals and dreams. Then we can develop a plan of action to maximize our true potential and reap life's rewards. Cost: $15. To register or for more information, contact Debbie Taylor at 697-7148.

Jung's Psychology, Creativity, Social Group Work, part of the **Adventures in Self Series** with **Irving Laurice Mintz** • Ongoing, call for dates and times • Within the bounds of a small and intimate group, we will use Jung's theories and techniques to open up the unconscious life, the hidden self essential to personal survival. Our workshop/seminar will focus on dreams, Biblical legends, I Ching, myths, meditation, graphology, ESP, painting, drama, music and writing techniques in a social group work setting. Cost is $20 per session. To register or for more information, contact Irving Laurice Mintz at 741-1173.

Personal Growth cont'd

A Narrative Approach to Therapy: A Training Series with **Don McAvinchey** • August 3, Saturday, 9:00 AM-4:00PM • An opportunity to steep your therapy practice and skills in the Narrative Approach. This approach to therapeutic conversations is providing therapists with a new way of thinking about their practice and enlivening ideas for therapeutic relationships. This workshop is entitled *Finding New Histories, Building New Futures—Family Therapy in a World of Narrative and Experience*. It is the second part of a four part series bringing the fundamental ideas and practices that inform the Narrative Approach to Ann Arbor therapists. Cost is $80. To register or for more information, contact Don McAvinchey at 429-8220.

A Narrative Therapy Weekend Workshop with **David Epston and Sallyann Roth** • May 10 and 11, Friday and Saturday, 9:00 AM-4:00 PM • An intensive seminar filled with exciting ideas, sensitive questions and respectful collaboration. Narrative Therapy, developed by David Epston and Michael White, has been featured in Family Therapy Networker and Newsweek, among other publications. Their ideas, such as "externalizing the problem," developing "therapeutic conversations," creative letter writing, finding "unique outcomes,"as well as uncovering "alternative knowledges" and hidden strengths, have been helpful in freeing clinicians and their clients from the grips of such issues as tantrums, anorexia, severe asthma, OCD, abuse, and other challenges of life. The weekend will include clinical case consultations with those in attendance, which have proven valuable to both presenter and observer in previous training. Cost is $250. To register or for more information, contact Don McAvinchey at 429-8220, Dotty Decker at 421-7630 or Nancy at 761-5437.

Artist's Way Groups with **Susan McDonald** • Groups will begin in mid-to-late May, scheduling to be arranged • Based on the book, The Artist's Way, these small groups are for adults who are interested in discovering and/or rediscovering the creativity in their lives. Education and professional background in the arts is appropriate, but not at all necessary. Cost is $20/$25 per session depending on group size. Group size is limited. To register or for more information, contact Susan McDonald at 747-9191.

> *Patience*
>
> Patience wears my grandmother's filigree earrings. She bakes marvelous dark bread. She has beautiful hands. She carries great sacks of peace and purses filled with small treasures. You don't notice Patience right away in a crowd, but suddenly you see her all at once, and then she is so beautiful you wonder why you never saw her before.
>
> **J. Ruth Gendler** in **The Book of Qualities**

The Foundation Course with **Ted LeVieux** through **The Source Seminars** • Thursday and Friday, July 11 and 12, 7 PM-11:30 PM; Saturday, July 13, 10:00 AM-10:00 PM; Sunday, July 14, 9:00 AM-7:00 PM; Tuesday, July 23, 7:00 PM-9:00 PM • Intensive, experiential workshop through which you will discern how you have limited yourself and learn how to overcome those limitations and create the results you want in all aspects of your life. Learning takes place on all levels--intellectual, emotional, physical and spiritual--so that deep, long-lasting personal change is ensured. Cost is $395. To register or for more information, contact The Source Seminars at 665-3310.

Guardianship: To Bring Home the Guardian of Protection and Peace—For Women Only with **Elizabeth Alberda** • August 30, Friday, 6-9 PM • For the victim of rape or incest or emotional abuse, often the anger is not a fire that purifies but a destructive energy that turns against her selfhood and the Other. Guardianship works with the energies of the body and imagination to transform wounding into physical-emotional empowerment. Cost: $50 for three hours. For more information or for brochure, call Elizabeth Alberda at 663-5457.

> **Our life is what our thoughts make of it.**
> **—Marcus Aurelius**

Psychic Development

Something Simple: Psychic Skills for Beginners with **Diane Evans** of the **Ann Arbor Practical Psychic Institute** • June 29 **or** July 13 **or** August 10, Saturdays, 10 AM-4 PM • A sampling of non-technical activities for people with curiosity or skepticism and little or no experience. Cost is $55. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

Practical Psychic 1: Grounding, Personal Meditation and Healing with the **Ann Arbor Practical Psychic Institute** •
- May 4-5, Saturday and Sunday, 10 AM-4 PM; taught by Ray O. Golden
- **or** June 21-22, Friday 7-10 PM, Saturday 10 AM-5 PM; taught by Diane Evans and Sue Remmington
- **or** July 26-27, Friday 7-10 PM, Saturday 10 AM-5 PM; taught by Diane Evans and Sue Remmington
- **or** August 17-18, Saturday and Sunday, 10 AM-4 PM; taught by Ray O. Golden

In this course, you will learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. Cost is $149, $129 if paid 2 weeks in advance, or $119 if you bring 3 or more friends. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

Practical Psychic 2: Deepening Awareness and Skills with **Ray O. Golden** and **Julia King** of the **Practical Psychic Institute** • June 1-2, Saturday and Sunday, 10 AM-4 PM **or** June 5-July 10, Wednesdays, 7:30-9:30 PM • Learn to recognize and heal layers of the aura. Connect with one of your healing guides to do healing. Cost: $175. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075 for more info.

Practical Psychic 3: Putting It All Together with **John Friedlander** of the **Practical Psychic Institute** • August 23-25, Friday, 7-10 PM, Saturday and Sunday, 10 AM-4 PM • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Cost: $195. To register or for more information, contact Julia King at 761-6999 or Ray O. Golden at 663-6075.

Introductory Talk on Clairvoyant and Psychic Development with **John Friedlander** of the **Practical Psychic Institute** • August 2, Friday, 7:30-9:00 PM • The title of the talk says it all. Free. For more information, contact Ray O. Golden at 663-6075.

Psychodrama

Six-Month Psychodrama Training with **Sara Schreiber** • 6 monthly meeting beginning at the end of Summer, dates and times to be announced • Psychodrama, drama therapy and improvisation offered to therapists, nurses, doctors and people in relationships. If you are interested in becoming a working member of EMPATHEATRE, this training is required. Cost is $125 per class, $650 for all six classes if paid in advance. To register, contact Sara Schreiber at 913-9733, and please send resume and short letter of introduction to EMPATHEATRE, P.O. Box 2832, Ann Arbor, MI 48106.

Reiki

Reiki, 1st Degree and **Reiki, 2nd Degree** with **Lalita Doke** through **Lighthouse Center** • 1st Degree: May 4-5, Saturday and Sunday, Noon-6 PM; 2nd Degree: July 27-28, Saturday and Sunday, Noon-6 PM • The complete and intact usui shiki ryoho system of Reiki (Traditional Reiki); A hands-on healing modality usable on self and others to heal the body and emotions, bringing them into balance, thereby enabling health and wholeness. Cost is $150. To register or for more information, contact Lalita Doke at 761-6712.

Reiki cont'd

Reiki for Children with **Suzy Wienckowski** and **Nancy Steel** • *See class description under category:* **Kids and Young Adults.**

Free Reiki Clinic with **Suzy Wienckowski** and **Nancy Steel** • May 15 and June 12, Wednesdays, appointments from 8 PM-9 PM • Reiki (Ray-Key) is an ancient, gentle hands-on healing art. It relieves pain, reduces stress and facilitates healing and personal growth. FREE 30 minutes sessions followed by a discussion of Reiki with Suzy Wienckowski and Nancy Stee. To register or for more information, contact Nancy Steel at 996-2530.

Reiki Level I Class with **Suzy Wienckowski** and **Nancy Steel** • June 1, Saturday, 10 AM-5 PM • Reiki is a powerful energy that reduces stress, relieves pain and facilitates healing on all levels: body, mind and spirit. Reiki, the Usui System of Natural Healing, is an ancient, gentle, hands-on method for channeling this energy. The Level I class includes the history of Reiki lineage, hands-on techniques for giving Reiki to yourself and others, and individual initiation--empowerment through four specific attunements. Certificate awarded. Fees: $150. To register or for more information, contact Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

Reiki Level II Class with **Suzy Wienckowski** and **Nancy Steel** • June 2, Sunday, 10 AM-5 PM • *See the description of Reiki in the listing directly above this one.* The Level II class includes intensification of the Reiki Energy, techniques for healing at a distance and tools for deep mental and emotional healing. Certificate awarded. Fees: $500. To register or for more information, call Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

Reiki Introduction and Healing Night with **Ray O. Golden** through the **Center for Intuitive Health** • May 2, June 6, August 1, Thursdays, 7-9 PM • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. For more information, call Ray O. Golden at 663-6075.

Reiki Level One Workshop with **Ray O. Golden** through the **Center for Intuitive Health** • May 11, Saturday **or** June 23, Sunday **or** July 28, Sunday, from 9:00 AM-6:00 PM • Reiki is a powerful, natural, non-invasive, easy-to-learn healing technique which can be learned by anyone. It is an ancient form of healing to facilitate an individual's healing at all levels: physical, emotional, mental and causal. Class sizes are limited to allow for individual attention and attunements. In the Level One workshop the student receives attunements to the Reiki energy and learns to facilitate healing in others, as well as self-healing techniques. Cost: $95, including manual and certificate if preregistered a week in advance. $125 after that. To register or for more information, call Ray O. Golden at 663-6075.

Reiki Level Two Workshop with **Ray O. Golden** through the **Center for Intuitive Health** • July 13, Saturday, 6-10 PM and July 14, Sunday, 10 AM-4 PM • *See the description of Reiki in the listing directly above this one.* In the Level Two Workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. Cost: $180 if preregistered a week in advance, $225 after that. To register or for more information, call Ray O. Golden at 663-6075.

Shamanism

Shamanic Journey with John Morris • Beginner's group on second and fourth Wednesdays of each month, advanced group on first and third Wednesdays of each month, 7:30 PM • Now in their sixth year, these weekly trance journeys provide a gentle introduction to shamanism, including healing, divination, shape-shifting, and meetings with power animals and spirit guides. The sessions follow anthropologist Felicitas Goodman's book, Where the Spirits Ride the Wind, which emphasizes the role of postures in the shaman's quest. Free. Newcomers welcome. Advanced registration is not required. For more information, please call John Morris at 665-3522.

Fide, sed cui vide.
Trust, but take care in whom.

Spiritual Development

Finding the Sacred through Art with **Nikhila** • May 4 or May 18, Saturdays, 10 AM-3 PM • These Spring workshops include devotional singing and music in combination with mask-making and touch-drawing techniques. Cost: $36. To register or for more information, call Nikhila at 973-2163.

Flower of Life Workshop of Drunvalo Melchizedek with **Lorna Brown** • May 9-12 and May 16-19, Thursday night through Sunday on two weekends • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with your higher self and fully opening your heart. This workshop helps to realize the connectedness of all life and your purpose in it. Cost: 80 hours/$444. To register or for more information, contact Lorna Brown at 313-428-8748.

T'ai Chi & The Martial Arts

Tai Chi Chuan with **Richard Miller** • First class meets Thursday, May 2. Classes meet Monday and Thursday evenings and Saturday mornings • Complete instruction in Chen Style Tai Chi Chuan. A 36-movement Form will be taught in this class for beginners. Cost: $55 per month, $45 for students. To register or for more information, call Richard Miller at 994-5980.

Teens Class in T'ai Chi Ch'uan with **Wasentha Young** through the **Peaceful Dragon School** • *See class description under category:* **Kids and Young Adults.**

T'ai Chi Ch'uan Form with **Wasentha Young** through the **Peaceful Dragon School** • Summer intensive, July 15-August 9, five days a week, Monday to Friday • T'ai Chi Ch'uan is a Chinese 'Internal' style of Martial Art. As an Internal art, it emphasizes the integration and cultivation of the 'Chi' or internal energy with the mind and body. The unique, graceful movements and the breathing techniques of this Form, relaxes the mind and body. It strengthens concentration, the sense of balance, and general well-being. To register or for more information, contact Wasentha Young at 207-9323.

"The slow, soft and gentle Tai Chi Chuan movements are like waves of the ocean. They push and merge into one another, creating a continuous flow of energy, seemingly with no beginning and no end. These gentle movements, combined with a relaxation of the body and the mind, are sometimes called 'meditation in motion'.
William C. C. Chen in Body Mechanics of Tai Chi Chuan

Chi Kung with **Wasentha Young** through the **Peaceful Dragon School** • Summer intensive, July 15-August 9, 5 days a week, Monday to Friday • Chi Kung is a type of Taoist Yoga. It consists of meditations, stretches, breathing techniques, imagery and movement. It directly affects the body's physical and energy systems. In this class, students will learn a number of individual techniques and the WILD GOOSE Chi Kung Form. To register or for more information, contact Wasentha Young at 207-9323.

Push Hands with **Wasentha Young** through the **Peaceful Dragon School** • Summer intensive, July 15-August 9, 5 days a week, Monday to Friday • Push Hands is the study of our interactions with the force of another person. Using a two person series of movements, students explore the principles of Push Hands--Listen, Adhere, Yield, and the Neutralization of Force. This class is open to anyone who has completed any style of T'ai Chi Ch'uan solo Form. All levels of Push Hands experience welcomed. To register or for more information, contact Wasentha Young at 207-9323.

Please do not call Crazy Wisdom Bookstore with questions about the classes, workshops, lectures and events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Tarot

Seasonal Tarot Work-Elemental Healing and the Element of Fire with **ShuNahSii Rose** through **Changing Womon** •
•May 4 & 11, Saturdays, 1-4 PM
•or August 3 & 10, Saturdays, 1-4 PM
Work with the cards and relevant techniques to explore the elemental qualities of fire, and the aspects of human experience that are related: instinct, intuition, passion, innocence, action and will. Bring percussion instruments. Cost: $35-60, sliding scale fee. To register or for more information, contact ShuNahSii Rose at 761-9148.

Therapy/Support Groups

"Self-actualization is a modest term. It has been glorified and distorted by hippies, artists, and I am sorry to say, by many humanistic psychologists. It has been put forth as a program and achievement. This is the result of reification, the need to make a *thing* out of a *process*."
Fritz Perls, In and Out the Garbage Pail

Women with Relationship Issues with **Laurie Krauth** • Beginning in June, meeting time and dates to be determined • This experiential group will help you understand your problematic patterns in relationships, and help you to develop ways to better meet your needs. For women in or out of a current relationship. Cost: $25 per session. Space limited. To register or for more information, contact Laurie Krauth at 313-210-4420.

Women and Relationships with **Kristin Blackburn** • May 8-July 10, Wednesdays, 7-9 PM • This ten-week educational and experiential workshop is a time for women to explore a variety of issues pertaining to their personal and professional relationships. Topics presented for discussion include intimacy, communication and co-dependency as well as additional topics as determined by the group participants in the first meeting. $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

Anger Management and Assertive Communication Development with **Kristin Blackburn** • June 13-July 18, Thursdays, 7-9 PM (no session July 4) • This five-week workshop is designed specifically for women to explore the role of anger in their lives and relationships, learn constructive expressions of anger, and improve their communication skills. Cost: $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

Building and Maintaining Self-Esteem with **Kristin Blackburn** • May 2-June 6, Thursdays, 7-9 PM • In this six-week educational and experiential workshop for women only, participants will gain understanding of how past messages affect them today, create new positive messages to and about self, identify self-destructive behavior cycles, and develop more positive ways of relating. Cost: $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

"When we talk about mindfulness and awareness, we're not talking about something stern, a discipline that we impose on ourselves so that we can clean up our act and be better and stand up straighter and smell nicer. It's more that we practice some sense of loving-kindness toward microphones and oryoki bowls and our hands and each other and this room and all the doors we go in and out of. Mindfulness is loving all the details of our lives, and awareness is the natural thing that happens: life begins to open up, and you realize that you're always standing at the center of the world."
Pema Chodron in her book **The Wisdom of No Escape**

The deadline for submissions to the next Crazy Wisdom Calendar is Friday, July 26. It will cover from September through December, 1996. Please fill out our Calendar forms as completely as possible. For more information, call us at 665-2757.

Whole Foods

Whole Food Cooking--A Series with **Judy Stone** through **Feeding Your Whole Self (FYWS)** • An ongoing series of classes which may be taken individually or as a series. Classes use organic food when available, no animal products and include recipe folder and sampling. Cost per class is $40. Discount available for series or enrolling with a friend new to FYWS. To register or for more information, contact FYWS at 994-5549.

•Cooking Under Pressure • May 16, Thursday, 6:30-9:30 PM--Learn how to use the new, SAFE, pressure cookers to create all kinds of quick and delicious things to eat from soup to dessert
•Grains of Summer • May 30, Thursday, 6:30-9:30 PM--This class will feature cooking imaginatively with the lighter, quick cooking grains appropriate for hotter weather. We'll be combining grains, pasta, tofu, vegetables, nuts and seeds, and light dressings for easy to prepare, healthy meals.
•Picnics and Potlucks • June 20, Thursday, 6:30-9:30 PM--Leave the jello and marshmallow salad to someone else--after tonight's class you'll be in demand at every picnic and potluck in town as we prepare some unusual and mouthwatering make ahead dishes.

Wholistic Healing for Animals

Wholistic Healing for Animals with **Betsy Adams** • May 4,18/June 8,22/July 13,27/August 10,24--Saturdays--2:00-6:00 PM • Topics will include energy healing, homeopathy, animal communication, vaccines and alternatives, past lives, nutrition, behavior problems, and skin care. $50 per session. To register or for more information, contact Betsy Adams at 475-4230, or leave a message at 761-1870.

Wholistic Health and Healing

Transformations: A Mini Series on Personal and Planetary Healing with **Stephen McLean** • Ongoing, every Wednesday from 8-10 PM • This is a presentation/workshop format which introduces participants to various forms of healing practices. No charge. For more information, call Stephen McLean at 668-6110.

Healing from Cancer Empowerment Group with **Susan Wolf Sternberg** • May 7-July 9, ten Tuesdays, 7-9 PM • The focus of this group is to help individuals with cancer become active participants in their healing journey through the use of guided visualizations, meditation, relaxation, prayer, keeping a journal, group discussions and exercises, nutrition, and a strengthened connection with one's Higher Self. Cost: $180 for 10 weeks. To register or for more information, contact Susan Wolf Sternberg at 665-3171.

The Alternative Medicine Cabinet with **Cindy Klement** • May 20, May 28, June 3, June 10; 7-8:30 PM • Each week the class will cover six letters or so of the alphabet and discuss common ailments that can be healed by using products from the natural healing shelves, in place of what is found on drug store shelves. $12 per session, classes may be taken individually. To register or for more information, contact Cindy Klement at 665-0383.

Health Essentials with **Ray O. Golden** through the **Center for Intuitive Health** • July 15,22,29 and August 12, Monday evenings • This workshop provides basic healing and processing techniques to complement energy healing techniques. Cost is $90. To register or for more information, contact Ray O. Golden at 663-6075.

Healing Retreat with **Hanuman** and **Nikhila** • May 25, Saturday • Restore yourself while lovingly embracing your body, mind and spirit. Yoga, chanting, meditation, sharing, listening, experiencing the present moment--tapping the ancient rituals of spirituality to create a day of healing. Cost: $27. To register or for more information, contact Hanuman or Nikhila at 973-2163.

Who looks outside dreams; who looks inside wakes.
—C.G. Jung

Wicca

Basic Witchcraft with **John Morris** • Second and fourth Saturdays of each month, 6:00 PM • Informal discussions and demonstrations of the Old Religion of Europe. Newcomers are especially welcome, as well as those experienced in the Craft of the Wise. Our approach is inclusive, and is not confined to a single tradition or organization. Starhawk's book, The Spiral Dance, is recommended reading. Free. Advanced registration is not required. For more information, contact John Morris at 665-3522

Womenspirit

The Alchemical Cauldron with **Cheryl Stereff** • June 1, 15, 29, Saturdays, 1:00-5:00 PM • This series is feminist process work designed to enhance conscious experience of the seasonal cusp, exploring and integrating the metamorphosis within self. The series will work with movement, sound, creative expression, art making and touch; exploring the elements of wood and fire as well as other teachings from the natural world. Fee: $135. To register or for more information, contact Cheryl Stereff at 668-8993.

Healing with the Wise Woman Series: Reclaiming the Maiden with **Bronwen Gates** • Friday, May 31, 7:30 PM until Saturday, June 1, at Noon • This is a full moon sleep-over for women to come together in sacred play to heal our adolescent selves and (re)claim our core identity as women of power, potency and agency. $75 ($25 deposit to hold space). To register or for more information, or to receive a flyer, contact Bronwen Gates at 769-9014.

The Wheel-A Year Long Solo Study Option with **ShuNahSii Rose** through **Changing Women** • Monthly consultation dates to be determined • With the elements and the eight earth-based holy days as a guide, this solo study journey will use myth, ritual, divination, writing, meditation and music to develop a living, daily relationship with the goddess in every womon. Monthly fee: $35-60, sliding scale. To register or for more information, contact ShuNahSii Rose at 761-9148.

Yoga

Yoga Classes and Workshop with **Ema Stefanova** • Ongoing. Tuesdays at 6 PM, **or** Sundays at 5 PM, **or** Saturday workshops at 5 PM • Small groups, individual attention, clean and meditative environment. Yoga postures, breathing, yoga psychic sleep, meditation. Plus in-depth, specialized programs during workshops. Cost depends on the length of class or workshop. To register or for more information, call Ema Stefanova at 665-7801.

Traditional Hatha Yoga Classes with **Laurie Blakeney** • Ongoing • Classes of all levels expertly taught in the Art and Science of Hatha Yoga. Students learn the technique required for a safe and satisfying home practice of postures and breathing exercises. Price varies depending on program you're enrolled in. To register or for more information, contact Laurie Blakeney at 663-7612.

Yoga Class through the **Zen Buddhist Temple** • Six Tuesday evenings starting May 28, 7:30-9:00 PM • Cost is $50. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

Yoga Classes Taught in the Iyengar Tradition with **David Rosenberg** • Thursdays, 4-5:30 PM **or** Sundays, 12:30-2:00 PM • Strength alignment and flexibility are gained through the practice of beginning yoga postures. You will use props to aid you in doing the postures, and you will do the poses to the best of your ability in a friendly atmosphere. Cost: $7.50/class. To register, call the Ann Arbor YMCA at 663-0536. For more information, contact David Rosenberg at 662-6282 or the YMCA at 663-0536.

Basic Hatha Yoga Postures with **Kapila Castoldi** through the **Sri Chinmoy Centre** • June 28, Friday, 7:30 PM • An introductory lecture. Free. To register or for more information, contact the Sri Chinmoy Centre at 994-7114.

Yoga Level I with **Cathy King** through **Inward Bound Yoga Program** • June 4-July 23, Tuesdays, 7:30-9:00 PM • Designed for students new to yoga. Focuses on the basic standing, sitting and supine positions, with introduction to breath awareness. Also suitable for students recovering from injury or illness, who require a gentle approach to the postures. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Cathy King at 517-592-8017.

Yoga Level I-II with **Barb Linderman** through **Inward Bound Program** • June 6-July 25, Thursdays, 7:30-9:00 PM • Continued exploration of the beginning poses, while building strength, stamina and balance. Beginning inversions are introduced. Cost is $56, $48 if taken with another class through Inward Bound. To register or for more information, contact Barb Linderman at 971-8562.

Yoga Level I-II with **Cathy King** through the **Inward Bound Program** • June 3-July 22, Mondays, 5:45-7:15 PM **or** June 4-July 23, Tuesdays, 3:45-5:15 PM • *See listing directly above for description and cost of Level I-II.* To register or for more information, contact Cathy King at 517-592-8017.

Yoga Level II with **Cathy King** through the **Inward Bound Program** • June 3-July 22, Mondays, 4-5:30 PM • Refinement of the basic postures. Attention to backbends and inversions increased. Deepening focus on breath awareness. Cost is $56, $48 if taken with another Inward Bound class. To register or for more information, contact Cathy King at 517-592-8017.

Yoga Level II with **Lynette Smith** through the **Inward Bound Program** • June 5-July 24, Wednesdays, 5:45-7:15 PM • *See listing directly above for description and cost of Level II.* To register or for more information, contact Lynette Smith at 995-0741.

Yoga Level II-III with **Barb Linderman** through the **Inward Bound Program** • June 6-July 25, Thursdays, 5:30-7:15 PM • For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Cost is $56, $48 if taken with another Inward Bound class. To register or for more information, contact Barb Linderman at 971-8562.

Yoga Level III with **Martha Laatsch** through the **Inward Bound Program** • June 4-July 23, Tuesdays, 5:30-7:15 PM • For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advanced practice in coordinating strength, flexibility, balance and mental awareness. Cost is $56, $48 if taken with another Inward Bound class. To register or for more information, contact Martha Laatsch at 483-6340.

Introduction to Aerobic Yoga -Continuing with **Cathy King** through **Inward Bound** • June 8-July 27, Saturdays, 10:15-11:45 AM • Preparatory class for Aerobic Yoga with emphasis on gradually building strength and stamina. Cost: $56, $48 if taken with another Inward Bound class. To register or for more information, contact Cathy King at 517-592-8017.

Aerobic Yoga with **Jonathan Tyman** through the **Inward Bound Program** • June 8-July 27, Saturdays, 8:15-10:00 AM • A challenging sequence of postures that builds endurance with sun salutations and continuous movement. Includes standing poses, forward bends and inversions. Bring a towel. This is a drop-in class. Cost is $7 per class. For more information, contact Jonathan Tyman at 996-4549.

Aerobic Yoga to Music with the **Staff of Inward Bound** • June 5-July 24, Wednesdays, 7:30-8:30 AM • This wake-up series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and *savasana.* This is a drop-in class. Cost is $5 per class. For more information, contact Barb Linderman at 971-8562.

Ma Om Yoga with **Hanuman** • May 6, 13, 20, 27 on Monday nights, 7:30 PM • A loving approach to bring your body, mind and spirit into harmony with your natural state of love, light and bliss. Cost: $9 per class. To register or for more information, contact Hanuman at 973-2163.

Teachers, Lecturers, & Workshop Leaders

Betsy Adams has 18 years experience with animals, including wildlife rehabilitation. She is a holistic practioner & consultant using many energy healing methods.

Elizabeth Alberda, M.A., has been involved in Bioenergetics work for 20 years, and has been doing Jungian dreamwork for 3 years. She has undergone shamanic training in Soul Retrieval.

Michael Andes, MSW has led numerous programs & retreats for men. He uses ideas from traditional group process, medicine wheel teachings & other traditions (mythology, music), focusing on an integration of self/other & the natural world. Michael is a therapist in private practice.

Ann Arbor Practical Psychic Institute Faculty includes: John Friedlander, a nationally known psychic teacher, reader, and channeler. He is the co-author of The Practical Psychic. He also studied with Lewis Bostwick, founder of the Berkeley Psychic Institute, & he was part of the original Jane Roberts/Seth group; ***Diane Evans***, a psychic & channeler who is NLP certified with a focus in belief identification and modification; ***Ray O. Golden*** MSE, Reiki Master who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling; ***Julia King*** who focuses on vibrational medicine, subtle energy healing & consultations, & is interested in the Inca Medicine Wheel; & ***Sue Remington***, an artist, public school teacher & channeler who teaches Tai Chi.

Ann Arbor School of Massage and Bodywork emphasizes intensive learning in a relaxed environment. It now offers 500-hour, 700-hour and 900-hour massage therapy training programs. The School is licensed by the State of Michigan Department of Education.

Khita Austin, CMT, a Certified Rolfer, has been in private practice as a Rolfer for 7 years and as a bodyworker for 9 years. She is a trained practitioner in the exercise rehabilitation techniques of Joseph Pilates. Her work is also influenced by her ongoing training with an elder in the Hodenosaunee medicine tradition.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco for 11 years, and he's also studied craniosacral therapy. His work has also been influenced by five years of training in Bodynamics, a body-oriented psychotherapy which was developed by Lisbeth Marcher, and which is taught at the Bodynamics Institute in Copenhagen, Denmark.

.***Kristin Blackburn, MSW,*** is a psychotherapist who specializes in working with women regarding relationship, life transition, & family of origin issues.

Laurie Blakeney is a senior certified Yoga instructor with 18 years teaching experience & extensive training in India.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron.

Lorna Brown has been presenting seminars and workshops in relaxation, meditation, working with altered states, metaphysics and the spiritual journey since l972 (which is a long time!) Current workshop emphasis is with unconditional love and opening the heart space. She has also maintained a hypnosis and spiritual counseling practice.

Kapila Castoldi is a student of spiritual teacher Sri Chinmoy, & teaches meditation.

Anne Carbone is a registered nurse and Hellerwork practitioner.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization directed by Barbara Brodsky, whose purpose is "to offer non-denominational spiritual teachings on non-duality, to teach & support the deepening of non-dual awareness through the practice of meditation."

Hava Jean Delgado founded & has directed Paradigm in all its models, from Paradigm Dance Theatre, Paradigm Center for the Arts, to its present model: Project Paradigm. She has taught, choreographed & performed dance in many forms for 30 years. Hava Jean has completed a certification training program in Motional Processing with Dr. Alice Rutbowski, Ph.D., R.M.T.

Lalita Doke is a traditional Reiki Master, and an A.R.M.A. certified teacher since l990. She is the resident Reiki Master at the Lighthouse Center, and a mantra meditator for 9 years.

Bob Egri, MA, CSW, LMFT is a psychotherapist & workshop leader with 25 years of experience.

Jonathan Ellis is a spiritual counselor and teacher. He has been counseling people about integrating psyche and spirit for over 25 years.

David Epston of Auckland, New Zealand, co-founded Narrative Therapy with Michael White. His work has been making a significant contribution to clinicians in a variety of therapeutic settings.

Linda Diane Feldt is an experienced instructor in the field of wholistic health. A student of the healing arts since 1973, Linda Diane has had a full-time private practice & has been teaching in the field since 1981. Her formal credentials include Registered Polarity Practitioner, nationally certified in Therapeutic Massage & Bodywork, Certified Massage Therapist, completed Beginning & Intermediate Craniosacral Therapy with John Upledger in 1981, & completed an apprenticeship with Susan S. Weed in 1989. She also sponsored the Contributions to Wisdom Lecture Series at Crazy Wisdom Bookstore for six years.

Bronwen Gates, Ph.D., is a teacher and healer who has spent her life exploring the consciousness of plants and the earth, and how these mysteries can be used to support our empowerment. She offers a variety of classes in the community on using plants as healing allies, as flower essences, herbs and food.

Gelek Rinpoche, is the founder and spiritual director of Jewel Heart. Born in Lhasa, Tibet in l939, he is an incarnate Lama of Drepung Monastic University. In the late l970's, Gelek Rinpoche was directed by both the Senior and Junior Tutors to His Holiness the Dalai Lama to begin teaching Western students. Since that time he has taught Buddhist practitioners throughout the world.

Norma Gentile is a vibrational healer who works through sound and silence. Trained as a professional singer as well as auric healer, her passion lies in bringing the elements of music from the inaudible into the physical realm for healing purposes. She has two solo Cds featuring sacred chants of Hildegard von Bingen in release.

Nanci Rose Gerler is a psychic, channel and intuitive healer. Her practice, Crystal Clear Expressions, is located in Ann Arbor. A "full-service psychic", she does psychic readings for personal and spiritual growth, and she channels "empowering messages from Masters, guides and angels".

ay O. Golden, MSE, is a Reiki Master trained in the traditional apanese manner by Dr. Gabriel Cousens. He has also studied soteric Healing, nutrition, Touch For Health, channeling, Zero oint Process Therapy, & is also a teacher with the Ann Arbor ractical Psychic Institute.

ichard Gull, Ph.D., teaches Philosophy at the University of lichigan, Flint. He has 8 years of experience in facilitating men's roups, and has attended workshops with Robert Bly and hepherd Bliss. He's written and published widely on gender ssues.

lanuman has been a Yoga practitioner for the past 10 years. le recently returned from India, where he had been a resident of ne Mata Amritanandamayi Math Ashram for 3 years.

lina Howard, CMT, studied massage therapy at the nternational School of Professional Bodyworkers in San Diego, is Polarity therapist, and is a certified trainer of the Belavi Method. She has also spent time in Chiang Mai, Thailand, learning ancient Asian healing techniques.

Robert Hughes graduated from the U of M undergraduate psychology program in l991. He is a recipient of the Transformational Therapist degree at the Heartwood Institute in Garberville, California.

Inward Bound *consists of* ***Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman.*** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation. Flexibility, strength, balance & concentration are developed. Classes may include music & asana series.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

John Kilis has taught free hand drumming classes and facilitated and founded drumming circles in Chicago. Formally taught by native drummers from West Africa and the Caribbean, he has gone on to perform in benefits, parks, an improvisational dance/music project and an African Dance group.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for nearly 17 years. She is featured frequently on TV, radio & in the Detroit News.

Laurie Krauth, M.A., is a psychotherapist and writer in Ann Arbor, Livonia and Birmingham. She works with groups, couples and individuals.

Michael Lee is the Artistic Director of OPUS Mime, Ann Arbor's mime theater company. He has been studying with Marcel Marceau for a number of years, and is considered to be a senior or advanced student of Marceau's.

Ted LeVieux is director of programs at The Source Seminars in Ann Arbor. He has served as director of leadership at Phoenix II Seminars in California, and has done graduate studies in educational development. He's been working with individuals as a facilitator of personal growth and development for 9 years.

The Lighthouse Center, Inc., a center for spiritual development founded by Catherine Chetana Florida, provides programs for exploring spirituality through meditation, healing, and other on-going programs.

Lynn Malley has been leading people in chant for over 30 years. As the musical director of The Grail Singers she has recently completed a CD entitled A Celebration of Chant and Harmony.

Don McAvinchey, MSW has been utilizing, and leading supervision groups in, the Narrative Approach since l989. He has trained extensively with Michael White and David Epston, who founded Narrative Therapy, and he has an ongoing mentorship with David Epston for case review.

Susan McDonald, ACSW has led several **Artist's Way** groups for professionals and non-professionals in the Ann Arbor area. She is involved in the arts herself, and follows the practices described in the book. She is a therapist in private practice in Ann Arbor.

Stephen McLean, D.C., is a local chiropractor. He utilizes Network Spinal Analysis in his healing practice.

Glenn Miller, D.C., has been studying for 6 years with the developer of Neuro Emotional Technique, and he belongs to N.E.T.'s international association.

Richard Miller has 20 years experience in traditional Chinese martial arts, having studied in both the U.S. and Asia. He trained in San Francisco under Adam Hsu from l979 to 1992.

Irving Laurice Mintz, MSW has been on the faculty of the New School for Social Research, and the Staten Island division of C.U.N.Y. He has also guest lectured at the Wurzweiler Graduate School of Social Work at Yeshiva University.

Kathleen Moore is a vocalist & has taught voice for 15 years. She is a music therapist with a BA in psychology & a BS in music, a member of the American Association for Music Therapy, & also a lecturer in music composition at the U of M Residential College.

John Morris , Ph.D. has six years experience in shamanic workshops, 40 hours of training at the Institute for Shamanic Studies and he is a philosopher & Wiccan priest.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization & has been teaching for 20 years. She has been a Dharma Teacher & the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation & led retreats locally & in Toronto & Chicago in a variety of settings.

OPUS Mime is a non-profit, professional mime theater company. Founded and based in Ann Arbor, it's now 2 years old.

Nikhila (Martha Levinsky) has practiced the visual arts since childhood. She has a BA from the State University of New York, Skidmore College & an MFA from Tyler School of Art. She has been running children's groups for the past 12 years. She is currently practicing Bhakti Devotional singing & meditation with Mata Amritanandamayi.

We live on the brink of disaster because we do not know how to let life alone. We do not respect the living and fruitful contradictions and paradoxes of which true life is full
—Thomas Merton

Barry Ryder is the Director of the Ann Arbor School of Massage and Bodywork. He is a registered massage therapist, and is nationally certified in Therapeutic Massage and Bodywork. He is the coordinator of massage therapists at Body Works Fitness Studio

O. Andrew Schreiber, a percussionist for 23 years, has studied world rhythms since childhood. He has led numerous workshops & classes for adults & children, focusing primarily on African & Afro-Caribbean rhythms. He has performed & recorded in a wide variety of styles including jazz, rock, blues, worldbeat, & musicals.

Sara Schreiber PhD. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Sandra Shears has been in practice since 1989. She tells us she "is a 'live' channel facilitating the flow of energy transmitted to the earthplane from the Spiritual Realm at any given moment."

Matruka Sherman has been a professional astrologer since 1973 & is a member of the NCGR & AFAW. She has been in private practice for over 20 years & teaches both group & private instruction. She also teaches meditation.

Audrey Simon has been a massage therapist for 18 years. She is in private practice, & is a certified infant massage instructor.

Nancy Steel is a Reiki Master & practitioner who has 20 years of experience teaching people of all ages. Nancy & Suzy Wienckowski teach traditional Ursui Shiki Ryoho Reiki & are members of the Reiki Alliance

Ema Stefanova has taught yoga since 1979 in Europe & the U.S.

Cheryl Stereff has been engaged in many facets of bodymindspirit education, cross cultural shamanic experience and womyn's spirituality. She has taught and had a private bodymind practice in the Ann Arbor area since I980. She is internationally certified in Therapeutic Massage, Postural Integration and Process Acupressure. She is currently involved in a Global Master's degree program at the Institute of Transpersonal Psychology in Palo Alto, California, and Process Acupressure teacher training with Dr. Aminah Raheem.

John Orr was a Buddhist monk in Thailand for 10 years, & now teaches throughout the U.S. He lives in Durham, N.C., where he is on the staff of Duke University.

Phyllis Perry, MSW, CSW is the founder of New Options Counseling, which specializes in wholistic and artistic counseling for women in the areas of careers, education, relationships, relocation & creativity.

Mary Ramsay and Alton Wasson have taught workshops together since I982. They have taught dance at Omega, the Common Boundary conference, and Interface, and they have private counseling, movement and writing practices.

Ann Rappaport teaches TM, is the chairman of Ann Arbor's Transcendental Meditation Center, and is a long-time city resident.

Jesse Richards is a teacher & workshop leader. Her background includes the studies of voice, dance, theater, therapeutic healing techniques, & spirituality. She has been teaching locally for 14 years, as well as teaching workshops throughout the Midwest. She tours nationally as a performance & recording artist, & has released 8 albums of original music.

ShuNahSii Rose is a practitioner & teacher of earth-based spirituality. Her roots in this work trace back to her early childhood under the guidance of her maternal grandmother. Since 1979, ShuNahSii has been studying the stories, songs, dances, healing practices, & spiritual ceremonies of earth-based people. She is also the founder & director of Changing Womon--A Center for Womon-Spirit since 1990.

David Rosenberg has been teaching Yoga in the Iyengar tradition since I993, and is certified. He recently traveled to India and studied Yoga from Geeta and Prashant Iyengar. He also works as a massage therapist.

Sallyann Roth is a Master Teacher of the Narrative Approach. She works at the Cambridge Family Institute in Watertown, Massachusetts. She is respected as a clinician and writer for her family therapy approach to resolving issues of intractable conflict, and her use of psychodrama in therapy.

Susan Wolf Sternberg, MSW is a psychotherapist at Tapestry Counseling Center and has 20 years of experience working with individuals and groups. She is a survivor of advanced terminal cancer. For the last 4 years, she has worked intensively with people with life-threatening illnesses.

Judy Stone is a psychotherapist certified in Bioenergetic Analysis. She has been in practice for 13 years & leading exercise groups for 10 years. She is also a Whole Foods educator & cooking instructor. For the past 15 years, she has been developing an energetic paradigm & program for working on relationship with food issues. She also directs Feeding Your Whole Self, a wholistic program for transforming your relationship.

Debbie Taylor is a Certified Hypnotherapist and has a B.S. in Psychology from Wayne State University. She is a member of the International Medical and Dental Hypnotherapy Association.

Mary Tillinghast has been manager of Castle Remedies for 12 years. Castle Remedies, located at the Parkway Center, is an important, local source for homeopathic medicines.

Marcia Vincent has studied with Dawn Hayman, the only associate of Animal Talk author Penelope Smith. She owns an heritage livestock farm, is certified in equine and canine massage, and is a student at MSU in Horse Management.

Suzy Wienckowski is a Reiki Master and practitioner, as well as a registered massage therapist with 15 years of experience in the bodywork field.

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for I0 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

> Res ipsa loquitor
> **The thing speaks for itself**
> ——Latin Proverb

ıbout The Crazy Wisdom Calendar

The Crazy Wisdom Calendar is published by Crazy Wisdom, Inc., ıd distributed free at Crazy Wisdom Bookstore and at about twenty ıcations around town. This is our third seasonal edition of **The** **alendar,** and this edition contains 150 listings. Over 70 practitioners re represented this time around, teaching classes and leading vorkshops in subjects ranging from animal communication to infant ıassage, from karmic astrology to contemplative dance, from narrative ıerapy to iridology.

I regularly receive catalogs from Esalen Institute, Omega, the Open Center, and other well-known personal growth centers. Their ielections are rich, diverse and tempting. Now, for the first time, Ann Arborites can see just how diverse, rich and tempting are the offerings egularly put forth by Ann Arbor's own array of bodymindspirit ıractitioners! You can get quite an education in alternative healing nodalities right here, and not have to go west of Zeeb Road, much less o northern California.

There is real depth of knowledge and experience represented by the people and centers noted within the calendar. Michael Andes, Linda Diane Feldt, Barbara Linderman, Sukha Murray, Wasentha Young, Gelek Rinpoche, Judy Stone, to name just a very few, have been doing what they do for a very long time, and they do it very well. This is equally true for many, many others who are leading workshops and teaching classes this season — we can all find satisfaction and excitement in the quality of Ann Arbor's own yoga teachers, psychics, group therapists, herbalists, homeopaths, creative movement teachers, meditation communities, tarot readers, astrologers and bodymind therapists. Ann Arbor's wholistic community consists, by and large, of highly caring, responsible and sensitive practitioners—people who have been out ahead of the zeitgeist for a long time.

At the same time, Caveat Emptor, let the buyer beware. Ask questions before you pay $100 to attend a workshop. Who is the workshop leader, what is her/his background and experience? What credentials does the practitioner possess? How long has this leader been doing this work, personally, and professionally? Can she/he give you the name of other people who have worked with this practitioner? Are there any other practitioners who do this work in the area who can recommend the practitioner you're considering working with? And if there are, how does what they do differ from what your workshop leader does?

A few other things to note. **The Crazy Wisdom Calendar** is an editorial product, not a promotional product. We not receive any compensation from anyone with respect to this effort. The practitioners and centers listed do not pay us anything to be listed. We provide the service for free to the community. If you find a class description to be incomplete or ambiguous, it may be the result of our having been provided with an ambiguous or incomplete Calendar Listing Form by the teacher or workshop leader. The biographies reflect information provided to us by the practitioners. At the same time, we do edit any description or biography which strikes us as "too much" — too much self-aggrandizement, too much hype, too flaky sounding. Of course, one person's "flaky" is another's revelation, and this calendar is published by a bookstore which tries to be Ann Arbor's last refuge for sensitive spirits.

Readers should look through the whole calendar. Classes, other than the classes for Kids and Young Adults, are not cross-referenced. The workshop on "Psyche and Spirit" could have just as easily been placed in the Spiritual Development section, instead of the Personal Growth section where it resides. Similarly, Elizabeth Alberda's workshop entitled "Guardianship" could have fit nicely in the Spiritual Development section, but it, too, is in the Personal Growth section. Bioenergetics has its own section, while Rolfing does not. Then again, there are many more certified Bioenergeticists in this region than there are Rolfers, so they get their own section. Anyhow, peruse the whole calendar to not miss anything you might be interested in.

Book reviews would be welcome for the next issue of **The Crazy Wisdom Calendar.** Analytical, well-written and spirited book reviews is what we'd like to publish. There's entirely too much puffery when it comes to New Age publishing; what we'd love to have is a review of Andrew Weil's Spontaneous Healing or of Ken Wilber's new book A Brief History of Everything or of Jean Houston's new one, A Mythic Life — that sort of thing.

——Bill Zirinsky

Special Events

The Psychology of Illness and the Art of Healing with **Bernie Siegel** through **Church of Today** • June 22, Saturday, 9:00 AM - 1:00 PM • Tickets are $35. Contact the Church of Today to register and for further information: 810-758-3050. Church of Today is located at 11200 East 11 Mile Road, Warren, Michigan 48089.

Mark Victor Hansen through **Church of Today** • July 10, Wednesday • Hansen is the co-author of the best-selling Chicken Soup for the Soul. For times, cost and more information: 810-758-3050. Church of Today is located at 11200 E. 11 Mile Road, Warren, Michigan 48089.

Mars and Venus in Love with **John Gray** through **Church of Today** • August 3, Saturday, 9:00 AM-3:00 PM • Best-selling author John Gray (Men are from Mars, Women are from Venus) will be leading a six-hour seminar at Church of Today. For more information: 810-758-3050. Church of Today is located at 11200 E. 11 Mile Road, Warren, Michigan 48089.

*Please note: **The Crazy Wisdom Calendar** does not, in general, cover events, lectures, or workshop which take place outside of the Ann Arbor area. But we will cast a wider net when warranted. John Gray, Mark Victor Hansen and Bernie Siegel are nationally-known, best-selling authors and that's why we've included them.*

COMING IN SEPTEMBER:
ANIMAL-SPEAK WORKSHOP
WITH TED ANDREWS
Sponsored by Crazy Wisdom Bookstore

Wednesday, September 18th---7:00-9:30 PM----$20 per person
Location to be Announced.

Author Ted Andrews will cover the truth and the myths of animal spirits and animal totems. The workshop will teach how to understand the language of animals and nature. The session will conclude with an exercise to discover one of your spirit animals.

Ted Andrews is the author of Animal -Speak as well as a number of other books, including books on ritual magic, reincarnation, music, psychic development, angels, auras, and wholistic health.

For more information, contact Carol Karr at Crazy Wisdom Bookstore, 665-2757.

Maybe Life is Not a Series of Lessons

By Jonathan Ellis

(Editor's Note: The following article is based on a talk which Jon gave at Crazy Wisdom Bookstore on April 12, 1996. Crazy Wisdom sponsors Friday evening programs once a month at the bookstore.)

Life is a series of lessons. Maybe not.

Maybe life is a series of ...surprises...questions...coincidences...challenges.. ..satisfactions...loves...gifts...choices...journeys...delights...mysteries.

Life is a series of ...celebrations...changes...releases...puzzles... relationships...accomplishments...commitments...dances...patterns.

Life is a series of...jokes...steps...deaths...births...awakenings...meals... moments...spaces...connections...rivers...carrots...stars...blessings...escapes.

Of all these however, probably the most common form is still, life is a series of lessons.

Life is a school, we say, and our life is a series of lessons. That is why things happen to us, so we can learn. Or, that is why we attract things to us, so we can grow.

Most often we hear that life is a school, and not, life is like a school. Of course, there is an important difference in the two statements. One is a comparison: life is like a... The other seems a more literal description.

The real question might then be, is life literally a school? And if so, where is the restroom? And when is recess? What's for lunch? Can I get a new teacher? What about independent study credit? Can I design my own major? Will we win the state basketball championship? Do I have a date for the prom?

On reflection, we might conclude that life is not literally a school. In many ways, then, is life like a school. And in what ways is life not like a school? We could probably all agree that life usually has at least one boring subject, and that life almost never has free textbooks.

When we do say that life is a series of lessons, two benefits are obvious.

First, we give life meaning. Life as a series of lessons is purposeful. Life becomes orderly and explainable, and in terms that we can easily understand. Almost everyone has been to school. Like it or not, we know what school means. So then we can know what life means, when life is a series of lessons.

Second, we have a meaning here which is very handy in the face of adversity. You may not have liked it, but you learned from it. It may have been painful, but you grew from it. No pain, no gain. No homework, no diploma.

To see life as a series of lessons is a solace for many of us, a way to cope with loss, with struggle, with confusion, or just with routine.

In a moment of sincere feeling, when someone is sharing their real grief, we are rarely tempted to interrupt with an objection that life could not be a school because there aren't enough desks for everybody, and besides, confusing a comparison with a literal description can only lead you astray, etc., etc. Whatever life is, it is not improved by pulling the chair out when someone needs to sit down and rest for a bit.

The school metaphor works particularly well when we do need a rest. But the prospect of an endless afternoon in class may not work when we need motivating again.

Here our friend, the simile can return. (Some English majors may object to using metaphor and simile interchangeably, but only those who were awake during that particular afternoon's lesson.)

Life can be like a series of lessons, and therefore, also not like a series of lessons. (Logic 101?) It's both. The choice of which comparisons to use for life, and when, is a good way to understand what it means to be "spiritual."

Most of us want to be "spiritual," don't we? We want to nourish our spiritual life. What does our spiritual life want for breakfast? Metaphors! Similes! Stories! Imagination!

Going back to our original list of possibilities, I frequently think life is like a series of carrots. No, not really. I actually prefer eating other metaphors (which, by the way, is a metaphor about a metaphor).

Life is like a series of songs. To hear the music and dance.

Life is like a series of teenage romances.

When it rains, life is like a series of puddles, to step over, to play in, to see your reflection, to skip right through.

We can view life through different frames, different lenses. Life can be a series of lessons from one angle, and a series of dances from another.

I think of life as a ceremony. Everything we experience here is an element in this ceremony we have chosen to perform. I believe we are beings whole and complete, and we are not here so much to learn, but to express who we already are. And the theme we as spirits have chosen for the ceremony is love.

There is a wonderful moment in a recent Academy Award film, Il Postino, when the character of Pablo Neruda tells the postman what a metaphor is. This is how I will win my beloved, the postman replies, with metaphors.

In the movie, Pablo Neruda was talking about metaphors to explain how he wrote poetry. Maybe life is like a poem.

Life is like a school. Life is like a poem. Life is like a series of lessons. Life is like a series of paintings. Life is like a garden.

♣♣♣♣♣

Jonathan Ellis is a spiritual director now based in Ann Arbor. The term "spiritual director" is a traditional one which does not mean someone who decides a spiritual direction for you. According to Jon, a spiritual director is a person with whom you talk, usually once a month, about how your spiritual journey is progressing. For many years, Jonathan has been a spiritual coach for people of an independent spiritual mind. He is experienced in helping people sort through their ideas and feelings about the spiritual path of their own choosing.

Crazy Wisdom is pleased to publish this article by Jon for a number of reasons. First, it is the first article which we've published in ***The Crazy Wisdom Calendar****, and we appreciate Jon for having adapted his lecture to an article format. Second, Jon has a long and special history of association with Crazy Wisdom Bookstore, and so it feels appropriate that he has contributed the first "editorial content" to this publication. Jon has been encouraging us to broaden the scope of this publication, and this article begins that process.*

THE CRAZY WISDOM CALENDAR

OF LOCAL CLASSES, LECTURES, WORKSHOPS & EVENTS
SEPTEMBER THROUGH DECEMBER 1996

HERBS

YOGA

MEDITATION

Michael Andes and Jonathan Ellis in a Dialogue on PSYCHE AND SPIRIT

MOVEMENT & DANCE

BODYWORK

TAI CHI

PERSONAL GROWTH

Childbirth

BUDDHISM

THE CRAZY WISDOM INTERVIEW WITH BIOENERGETIC THERAPIST JUDY STONE ON FOOD, ENERGY AND FEELING

womenspirit

This is the fourth edition of **The Crazy Wisdom Calendar,** compiled and distributed free by Crazy Wisdom Bookstore. Since 1982, we have served as a center of information in the subjects of Wholistic Health, Bodymind Therapies, Psychology, Buddhism, Spiritual Development & Consciousness. This calendar provides information about a wonderful array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The calendar will continue to be printed seasonally, so if anyone would like to be included in the next issue (covering January through April, l997), please fill out our calendar form/s, which are available at the bookstore. Our phone number is 313-665-2757, and we're located at 206 N. Fourth Avenue, Ann Arbor, 48104.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed. Please do not call Crazy Wisdom with questions about the classes, workshops, lectures & events listed. Instead, if you have questions, call the telephone number that is provided within each listing.

Once again, we hope that this calendar will be a useful resource for you, and that you might partake of some of the offerings!

Notes and Comments

Well, we've made it to our fourth edition of this seasonally produced calendar and it appears to be a hit! We've gotten wonderful feedback from our customers, and letters of appreciation from local teachers and practitioners. We've also received dozens of calls from people outside of Ann Arbor (but from within our region) who want to make sure they receive the next issue.

Meanwhile, for the first time, the Calendar has some real editorial meat in it. By which I mean the interesting and rather in-depth interview with Judy Stone, which takes up three pages of this issue. Judy is working on a book about bioenergetics, food, feeling and healing (my words) and it's interesting to trace the evolution of her career. Years ago, she used to run a food preparation and catering business—I think it was called *Popover*. That was before she became a psychotherapist. Now more than 15 years later, she has been working assiduously at combining her interest in food with her keen authority in the area of bodymind psychotherapy. The result is that she has been doing some highly original thinking on the interface between emotional and physical nourishment.

***

e that Crazy Wisdom is holding a publication party
dt. Moonfield Press has recently published Linda's
ely written account of thirteen years in the life of her
e when her mother was ill, and then died. Linda is
vn as an herbalist and polarity therapist, but her
writing is beautiful, and her book, Dying Again: 13 Years of Writing and Waiting, is unique. Each of the five members of her immediate family contributed to the book, including her mother, and this multi-dimensional, composite approach to a family portrait makes this a highly unusual and absorbing book. Working at Crazy Wisdom for seven years, I haven't come across any other title in the *Death and Dying* or the *Grief and Grieving* sections at the store which is anything like Linda's book. It really deserves to have a major publisher pick it up so that more people around the country could get to read it.

***

I wanted to make mention of the fact that Wasentha Young's Peaceful Dragon School of T'ai Chi Ch'uan has just moved into a new location, at 1945 Pauline Boulevard. Wasentha, who worked at Crazy Wisdom seven years ago when she was fairly new in town, has been running an extremely dynamic and happening T'ai Chi school. She teaches classes for teens, Chi Kung, meditation, as well as mini-workshops in other areas such as acupressure and the I Ching; all that in addition to a full range of T'ai Chi classes.

***

The Calendar doesn't accept any advertisements or any calendar-item fees. The Calendar is purely an editorial product, not a vehicle for advertising revenue, nor a promotional effort. You can't pay the Crazy Wisdom Calendar *any* amount of money to include a calendar item for a workshop which we know in advance would be deleterious to your health. We do not receive any compensation from anyone with respect to this effort. We provide this service free to the community.

Having said that, and as noted last issue, Caveat Emptor, let the buyer beware. Ask questions before you pay $100 to attend a workshop. Who is the workshop leader, and what is his/her background and experience? What professional credentials does this practitioner possess? Our brief biographical information on each practitioner or teacher (grouped together in The Calendar under the heading Teachers, Lecturers and Workshop Leaders) is somewhat instructive. It is one thing to attend a three hour Sufi dance event without knowing or caring much about who is leading the event, and quite another to commit to attending a weekend-long workshop with a group leader of questionable experience.

Read the biographical material for clues. The material is provided by the practitioners themselves, but it is still decipherable, if you choose to make it so. Educational and professional training degrees and certificates can count for something, but sometimes it's worth knowing whether the workshop leader had to attend a 2-*day* training for that certificate, or a 2-*year* program? How many years has the group leader been "involved" in an activity, versus how many years has the group leader been "teaching" in that area. Successfully leading personal growth and therapy groups requires skill acquired over time, sensitivity to issues of group dynamics, and accumulated wisdom.

Having suggested that our readers be prudent when signing up for classes and workshops, it is even more important to note that there is real depth of knowledge and experience represented by the people and centers noted within the calendar. This is not northern California, but Ann Arbor's alternative community has matured and thrived over the last twenty-five years (I know, I've been observing it and participating in it for that entire stretch of time). Twenty years ago we had a couple of alternative physicians in this small city; now we have many allopathic physicians who are at least open to alternative medicine, as well as a number of allopaths (and osteopaths) who actively incorporate homeopathy, herbs, acupuncture, and other alternative approaches. Twenty years ago one could count on three hands the number of bodyworkers and bodymind therapists who were practicing in this town. Now one could fill up the seating at The Earle with all of them, which might be fun to do.

Particularly in the last seven or eight years there has been a real blossoming of alternative practitioners. A new generation of young therapists and physicians and bodyworkers and meditators has arrived in Ann Arbor, and it has added to the richness and diversity of what is being offered here. Meanwhile, the "older" alternative types, who are now in their forties and early fifties and beyond, have grown and deepened and ripened. We don't have the well-known names that you'll find in the catalogs from Esalen, Common Boundary, Omega or the Open Center. But there is still an astonishing and exhilarating variety of offerings being put forth by Ann Arbor's own array of bodymindspirit practitioners.

This fourth edition of The Calendar contains 150 listings. Over 70 practitioners are represented this time around, teaching classes and leading workshops in subjects ranging from Alexander Technique to Zen Buddhism, from sacred chanting to lucid dreaming, from wild goose chi kung to women's drum circles. It's exciting to take note of just how alive this community is!

——**Bill Zirinsky**

The Crazy Wisdom Calendar is published seasonally by Crazy Wisdom, Inc.
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Crazy Wisdom Bookstore was founded in 1982 by Aura Glaser. It has been owned since 1989 by Crazy Wisdom, Inc., which consists of Bill Zirinsky and Ruth Schekter and our son, Sam.

This issue of **The Crazy Wisdom Calendar** was compiled and edited by Bill Zirinsky, with inputting assistance from Ann Schoonmaker, proofreading assistance from Jonathan Ellis, and photographs by Ruth Schekter.

Unless otherwise noted, the quotes used in this **Crazy Wisdom Calendar** were found in the following books: Sunbeams by Sy Safransky, and Lighting a Candle by Molly Young Brown. Both of these books are available at Crazy Wisdom Bookstore.

Animals and Spirit

Animal Communication with **Marcia Vincent** • Sept. 7 and 21 , 2 -5 PM, **also on** Oct. 5 and 12, 2 -5 PM, **or** Nov. 2 and 9, 2-5 PM • Do you wonder what your pets have to say and are they happy? Do you have behavioral or other problems? Their communication may be very revealing. Animals need not be present. Cost is $50. To register or for more information, contact Marcia Vincent at 517-548-6825

Animal-Speak Workshop with **Ted Andrews** sponsored by **Crazy Wisdom Bookstore** • Wednesday, September 18, 7:30 PM • Nationally-known author, storyteller and mystic Ted Andrews is coming to Ann Arbor to do a workshop on the truths and myths of animal spirits and animal totems. The workshop will focus on how to understand the language of animals and nature. The session will include an exercise to help participants discover their spirit animals. Ted Andrews is the author of fifteen books published by Llewellyn Books, including How to See and Read the Aura, Sacred Sounds, How to Meet and Work with Spirit Guides and his most recent book, Animal-Speak: The Spirit and Magical Powers of Creatures Great and Small. The workshop will be held at Kerrytown Concert House, 415 North Fourth Avenue, in Ann Arbor. Tickets may be purchased in advance at Crazy Wisdom, or at the door. $20 per person. To register or for more information, contact Crazy Wisdom Bookstore at 665-2757.

Wholistic Healing for Animals, An Ongoing Series with **Betsy Adams** and **Guest Speakers** • October 5, 13, 19, 26, November 3, 16, 30, December 7, 8, and 14 -- Times to be announced • Topics will include introductory energy healing - theory and practice; issues of vaccines, vaccine alternatives & associated risks; behavior problems; natural diets & skin treatments; past lives; homeopathy; and other energy healing methods.Guest speakers during the next few months will include: Carolyn Blakey, holistic veterinarian; Ray O. Golden, Reiki Master; Marcia Vincent, animal communicator; and Elena Gillespie, spiritual healer. $50 per session. To register or for a copy of class flyer, contact Betsy Adams at 475-4230.

> When a dog runs at you, whistle for him.
> —Henry David Thoreau

Astrology

Basic Astrology with **Lynn Peterson** • Lessons for absolute beginners, and others. All you need is the desire to learn. Chart and books included in class. Dates and times determined between student and teacher. Cost is $125 for 6-8 weeks. For more information, contact Lynn Peterson at 482-4498.

Introduction to Astrology with **Matruka Sherman** • Oct. 2-30, Wednesdays, 7:30-9:00 PM • An understanding of celestial influences will inspire you to become creator of your own destiny. The class will emphasize the basics, and how to understand the planets, signs, houses, and the other factors which make up the natal horoscope. Cost is $75 for five weeks. To register or for more information, call Matruka Sherman at 213-7075.

Intermediate/Advanced Astrology Class with **Matruka Sherman** • Oct. 1-29, Tuesdays, 7:30-9 PM • This is an astrology class devoted to deepening self-awareness and self-acceptance and learning to make better informed choices. Recognize patterns that impede your growth. This class will be tailored to students' level of development and interest. Cost is $75 for five weeks. To register or for more information, contact Matruka Sherman at 213-7075.

Karmic Astrology Workshop with **Matruka Sherman** • Oct. 5, Sat., 9 AM-Noon • Everything you always knew about karma but still couldn't handle. You're invited to come and learn ways to align yourself with your own true nature. Cost is $50. To register or for more information, contact Matruka Sherman at 213-7075.

> You can plan events, but if they go according to your plan they are not events. —John Berger

Introduction to Astrology I with **Mary Beam** through the **Academy of Astrology** • 7:00 PM, Mondays, beginning September 23, for 10 weeks • Beginning overview of astrology basics: what astrology is, its various applications, a beginning understanding of a natal chart, the different components of a natal chart, the different components of horoscope, in-depth discussion of signs and their natural divisions, an introduction to houses and planets, writing astrological symbols. Text for course: The Inner Sky by Steven Forrest. Fees: $79, payable in installments. For more information or to register, call Mary Beam at 434-1568.

Bioenergetics

Bioenergetic Exercise Group with **Judy Stone** through **Feeding Your Whole Self™(FYWS)** • Starting dates: Mon., Sept. 30, and Mon., Nov. 11., 6-7 PM • Bioenergetic exercises are gentle stretching and movement exercises with attention to breath and sound, that are designed to restore the free-flowing pulsation of our energetic life force. They promote mind-body integration and awareness, relaxation, increased vitality and more connection with feeling. No experience is necessary. Loose comfortable clothing should be worn. Cost is $50 per six week session. To register or for more information, contact FYWS at 994-5549. *(Editor's Note: For an in-depth look at what bioenergetics is, see the intereview with Judy Stone elsewhere in this issue of the Crazy Wisdom Calendar.)*

Bodywork and Massage

Trager®—Experience the Pleasure of Effortless Movement with **Villabeth Taylor** through the **Crazy Wisdom Lecture Series** • Friday evening, October 11, 8 PM • Villabeth Taylor will be giving an introductory talk and hands-on experience about Trager bodywork. Trager is a style of bodywork that is gentle and relaxing, yet works deeply into the body tissue to increase relaxation and release pain, stress and tension, as it improves mobility. Trager also incorporates self-care movement exercises that can be practiced at home or at work. It focuses on the experience of softness and lightness—playfulness and joy in moving. Tea served at 7:30 PM. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 North Fourth Avenue. For more information, contact Crazy Wisdom Bookstore at 665-2757.

Rolfing as Transformation with **Khita Austin** and **Leland Austin** • Wed., Sept. 11, 7-9 PM • In the process of unwinding and creating length within the body's myofascial web, Rolfing possesses the potential to initiate a subtle, yet dramatic, transformational shift in the way we experience ourselves and the world around us. As the structure of our body changes, our awareness of self is challenged to change as well. Questions and discussion welcome. Opportunity for hands-on experience of Rolfing. Cost is free. To register and for more information, contact the Austins at 741-0038.

> Who has not sat before his own heart's curtain? It lifts: and the scenery is falling apart.
> —Rainer Maria Rilke

Core Strength, Simple Grace with **Khita Austin** • Wed., Sept. 18, 7-9 PM; Repeats Wed., Dec. 4, 7-9 PM. • The rehab exercise discipline developed by Joseph Pilates reeducates, stabilizes, and mobilizes the joints and the deep neuromuscular system, or core, of the body with no impact to the joints. Strengthening and creating awareness of the deep core muscles close to the spine and pelvis allows the larger, more surface muscle groups to lengthen and move freely. Questions and discussion welcome. An opportunity to experience the technique. The cost is free. To register or for more information, contact Khita Austin at 741-0038.

Belavi Facelift Massage Seminar with **Nina Howard** • Sept. 27, 28, 29 **or** Oct. 11, 12, 13 **or** Nov. 8, 9, 10 • This course is a dynamic hands-on training course designed for professional health and skin care practitioners such as massage therapists, body-workers and estheticians. Cost including product kit is $575. To register or for more information, contact Nina Howard at 747-8517.

Peaceful Dragon School of T'ai Chi Ch'uan • Friday, November 29, 6:30-9:00 PM • Giving yourself Acupressure from head to toe. Tuition: $50. To register or for more information, call 741-0695.

Alexander Technique for Body Movement with **Alice Greminger** • Introductory workshop, Sunday, Oct. 27, 1-5 PM. Classes in 2 six-week sessions on Thursdays, 7:30 - 9:30 PM. Sept. 12 - Oct. 17 **or** Nov. 7 - Dec. 19 [except Thanksgiving] • Free your movement to prevent injury, help with recovery, and enhance the quality of your work and play! Students will learn how to regain the freedom of movement, balance and support they had as young children. Alexander's discoveries are so basic, they can be applied to any activity, while a person is doing that activity. They are taught in a wide variety of settings -- from performance schools and businesses to Israeli fighter pilots. Cost: Introductory workshop is $60. Each six week class is $125. To register or for more information, contact Alice Greminger at 665-0849.

Somatic Release in Clinical Massage with **Cynthia Hoffman** and **Earle Timberlake** • Class meets for 5 weekends beginning with the weekend of Nov. 22 • This 80-hour course in neuro-muscular bodywork is for bodyworkers, massage and physical therapists, osteopaths, chiropractors, Rolfers, etc. It will teach how to search and treat nearly every voluntary muscle in the body, how to sense and treat fascial distortion and neuromuscular and tonus system dysfunction. Complete, thorough, challenging, exciting and fun! Cost for 5 weekend series is $1450. Discounts: $50 off for early registration; $100 if paid in full at first session. To register or for more information, contact Cynthia Hoffman at 761-5402.

Buddhist Teachings and Buddhist Meditation

Guide to Bodhisattva's Way of Life through **Jewel Heart** • Ongoing, Tuesdays, 7:30 PM -- starts again on September 10 • Guide to the Bodhisattva's Way of Life is one of the primary Tibetan Buddhist teachings offering step by step methods towards developing a kind and compassionate approach with all we meet in our daily life. Cost is free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

Lam Rim-(Monthly Meeting) through **Jewel Heart** • Resumes on Sunday, September 15 after summer hiatus—1:30-3:30 PM; check with Jewel Heart for future dates this Fall • The Lam Rim is the complete dharma teaching, containing the essence of all the Buddha's teachings, arranged in a fashion that is easy to apply in our daily life, working with the intention to bring happiness and stop harmful behaviors both toward ourselves and the world around us. This course can help you decide whether you want to choose Buddhism as a spiritual path. Free; donations accepted. All are welcome, so just show up. For more information, contact Jewel Heart at 434-4411 or 994-3387.

> **Whenever you get there, there's no there there.**
> **—Gertrude Stein**

Vajrayana Weekends through **Jewel Heart** • October 12-13 and November 16-17 • Check with Jewel Heart for program description and times. Contact Jewel Heart at 434-4411 or 994-3387.

Introductory Zen Meditation Course through the **Zen Buddhist Temple** • Beginning Sept. 12 and Nov. 7, five Thursdays, 6:15 to 8:30 PM. • Cost $120 /$100 for students. For more information, contact the Zen Buddhist Temple at 761-6520.

Carpe Diem -----SEIZE THE DAY

Overnight Introductory Meditation Course through the **Zen Buddhist Temple** • Friday 7 PM, Dec. 6 to Sat. 4 PM, Dec. 7 • Cost is $140 /$120 for students. For more information, contact the Zen Buddhist Temple at 761-6520.

One-Day Retreat with **Sukha Murray** through the **Zen Buddhist Temple** • Oct. 18-19 **or** Nov. 22-23. Friday 7 PM to Saturday 5 PM, or Saturday 8 AM to 5 PM • Cost is $60. To register or for more information, call the Zen Buddhist Temple at 761-6520.

Growing Up Zen: A Buddhist Teacher's Alternative Vision of Education through the **Zen Buddhist Temple** • Friday, Sept. 13, 7:30 PM • A public talk to be given by Dharma Teacher Paramita Nathaniel Needle, Ed.D. Suggested donation $5. For more information, call the Zen Buddhist Temple at 761-6520.

Sunday Services at the Zen Buddhist Temple • Every Sunday • Morning meditation from 9:30 to 11:00 AM is two periods of meditation followed by a talk. Afternoon meditation from 5 to 6:30 PM has one period of meditation, chanting, and a talk and question period. By donation. For more information, contact the Zen Buddhist Temple at 761-6520.

> **After ecstasy, the laundry.**
> **—Zen saying**

Life of the Buddha Study Group with **Parang Geri Larkin** through the **Zen Buddhist Temple** • September 22, 29 and Oct. 6 from 11:30 AM to 1 PM • For more information, contact the Zen Buddhist Temple at 761-6520.

Fall Yongmaeng Chongjin through the **Zen Buddhist Temple** • October 3-6. A 3-day retreat. • Cost: $140. For more information, contact the Zen Buddhist Temple at 761-6520.

Year-End Service --"Kindling Light of Wisdom Mind" through the **Zen Buddhist Temple** • Tuesday, Dec. 31, 7 PM. • A time for contemplation and reconciliation and lighting candles for the peace and happiness of all beings. This is a beautiful and meaningful way to begin New Year's Eve. All welcome. For more information, contact the Zen Buddhist Temple at 761-6520.

New Year's Day Service through the **Zen Buddhist Temple** • Wednesday, January 1, 1997, 10 AM. All welcome. For more information, contact the Zen Buddhist Temple at 761-6520.

Jewel Heart Winter Retreat with **Gelek Rinpoche** • December 27 — January 5 • On site for nine days at Camp Copneconic in Fenton, Michigan. For cost and/or information about this retreat, contact Jewel Heart at 434-4411 or 994-3387.

Vipassana Meditation through **Deep Spring Center for Meditation and Spiritual Inquiry** • *See listings in **Meditation** section of the Calendar.*

Channeled Teachings

Crystal Clear Expressions: A Channeling Evening with **Nanci Rose Gerler** • Second Monday of every month, 7-9 PM • Various masters, guides or angels will be channeled with messages of spiritual guidance and love. Taping permitted. Donations accepted. Please call for reservations and location. For more information, contact Nanci Rose Gerler at 996-8799.

Open House Channeling Sessions with **Barbara Brodsky** through the **Deep Spring Center** • Open house on Wednesdays starting Sept. 11 at 7:30 PM. • Aaron is a "Being of Light," a deeply loving and wise spirit who teaches with humor and compassion. He is channeled throughout the U.S. by Barbara Brodsky. No fee, but donations are appreciated. No advance registration necessary. For more information, contact Deep Spring Center at 971-3455.

"Angels in Earthsuits" with **Aaron channeled through Barbara Brodsky** of the **Deep Spring Center** • Sat., Oct. 19, 9 AM to 4:30 PM • Spend a day with the loving energy of Aaron, a spirit plane being who teaches with gentleness, humor and wisdom. This day will offer an exploration of our spiritual nature, who we are and how we may do the work we came to do. Suitable for both newcomers and those with much experience in spiritual areas. Registration limited to 15. Pre-registration required. Cost is $65. Lunch is a vegetarian pot-luck. To register or for more information, call 971-3455.

"Seth Series on Emerging Multidimensional Relationship" with **John Friedlander channeling Seth** through the **Practical Psychic Center** • Friday, Sept. 13, Wednesday, Nov. 6, Fri., Dec., 13 -- the talks are from 7:30-9:30 PM and each may be attended separately • Since these talks are channeled the specific topic may change. Cost: $10. To register or for readings call Ray O. Golden at 663-6075.

> The physical senses actually can be said to create the physical world, in that they force you to perceive an available field of energy in physical terms, and impose a highly specialized pattern upon this field of reality. Using the physical senses, you can perceive reality in no other way.
> —Seth
> JaneRoberts' Seth Speaks

Chanting

Feast of the Lotus Born: A Journey of Sacred Music and Transformation through **Crazy Cloud**. • Sat., Oct. 12, 7:30 PM • This night is a journey into the heart of the Tantric mystery through transformative sacred music, chanting and ritual. Weaving a tapestry of sound, joy and secret awareness spells [mantra] each person is empowered to experience their direct connection with the sacred realm. The night is presented by the musicians who formerly did the Night of Sacred Dance in Ann Arbor. They have been working on this new form of the ancient Feast of Joy ritual for the last two years. Cost: $8 donation. Registration and information, call Crazy Cloud Hermitage, 741-1084.

Sacred Chant Workshops co-led by **Norma Gentile** and **Lynn Malley** sponsored by **Unity Church of Ann Arbor** and **The Academy of Early Music** • the second Sunday monthly: Sept. 8, Oct. 13, Nov. 10, Dec. 8, from 4-6 PM • Our purpose is to provide a forum where the experience of sacred music can be felt, heard, and participated in by all, regardless of anyone's ability to read traditional notation. Music will include songs by the medieval abbess Hildegard of Bingen, music from the Gregorian Chant tradition, and chant from non-Western European traditions. $15-25 donation at the door. Call to confirm: 313-332-4606.

A Celebration of Chant led by **Lynn Malley** • Sept. 15, Sunday, 4-6 PM • This is an afternoon workshop on singing Gregorian Chant. Listening to chant is inspiring; singing chant is transforming. Singing Gregorian Chant is an intensely emotional life-giving experience. Participants will learn how to read chant and to sing it beautifully. Being able to read music is helpful, but not essential. Musical scores will be provided to all. Suggested donation: $10. Advance registration is not required. For more information, contact Dee Chapell at 668-7160.

New Release Party for **Unfurling Love's Creation: Chants of Hildegard of Bingen,** the newest CD from **Norma Gentile** • Sat., Oct. 19, 8 PM • Everyone is welcome for an hour of chanting and meditation followed by a reception. To be held at SKR Classical, 539 E. Liberty. 995-5051.

Childbirth

Midwifery Care and Home Birth with **Patty Brennan** through the **Crazy Wisdom Lecture Series** • Friday, November 8, 8:00 PM • Patty Brennan's presentation will focus on traditional midwifery and home birth in the 1990's. Discussion will include: reasons for choosing to have your baby at home; the relative safety of home and hospital birth; a description of prenatal and postpartum care; the use of herbs and homeopathic remedies in midwifery practice; how complications are handled at home...and more. Tea served at 7:30 PM. Suggested donation is $3. Held at Crazy Wisdom Bookstore, 206 North Fourth Avenue. For more information, call Crazy Wisdom at 665-2757

Childbirth Preparation Classes with **Patty Brennan** • Tuesdays, 7-9:15 PM, Sept. 10 through Oct. 15, **or** Wednesdays, 7-9:15 PM, Nov. 6 through Dec. 11 • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth in home or hospital. Emphasis is placed on developing confidence in your body's natural abilities, labor support techniques, alternatives to drugs, and cesarean prevention. Fee $150. To register or for more information, call Patty Brennan, 663-1523.

Homeopathic and Herbal Remedies for Lactation and Infant Care with **Patty Brennan** • *See class description located in Homeopathy section.*

Cooking

Natural Foods Preparation Classes with **Sabrina Thomas** through **Feeding Your Whole Self™** • Tuesdays, October 8-November 19, 6:30-9 PM. • Location TBA. *Feeding Your Whole Self* cooking classes are designed to give the beginning or experienced cook a solid foundation in the cooking techniques and health principles of preparing minimally processed, whole foods, without the use of animal products artificial ingredients or refined sweeteners. Cost per class: $35. Fee includes recipe/information packet and sampling. Registration: 994-5549. (*Editor's Note: this issue of the Crazy Wisdom Calendar includes an interview with the director of Feeding Your Whole Self, Judy Stone.)*

☐**"Good Grains"**, Tues., Oct. 8. Learn the basic techniques [including use of the new, safe style pressure cooker] of preparing several types of whole grains in a variety of delicious, low fat dishes.

☐**"Bean Cuisine"**, Tues., Oct. 15. Do you shy away from beans because of their gas forming properties, or because you don't know what to do with them? Tonight's class will show you how to use the wide variety of beans available to us, to prepare tasty, unusual and gasless bean dishes.

☐**"Tofu Magic"**, Tues., Oct. 22. Tofu is a very versatile soy food which is an excellent source of protein and has been shown to prevent and possibly reverse the growth of cancer. This class takes you beyond your basic stir fry with tofu in making meatless and dairyless entrees.

☐**"Delightful and Dairyless"**, Tues., Nov. 5. Dairy foods add animal fat to the diet, can underlie many health problems and, contrary to popular belief, are not a good source of calcium for the body. Come learn about these health issues and learn the range of what's possible "from soup to nuts", without using dairy products.

☐**"Quick, Tasty, Healthy"**, Tues., Nov. 12. Are you bored with your usual repertoire of meals? Do you sacrifice balanced, nutritious meals because of a fast-paced life? Rejuvenate your cooking with this class on quick meals which will give you new ideas and help for getting delicious, healthy meals together in less than 30 minutes.

☐**"Soups for the Soul"**, Tues., Nov. 19. Soup offers the possibility of a complete and nourishing meal, a light snack or the prelude for the meal to come. Learn to make a variety of soups from light to hearty, with minimal or no added fat.

Food and Healing

Nutrition Series with **Cindy Klement** • Mondays, Sept. 9, 16, and 23, 7:30-9 PM • Herbs are wonderful but combined with nutrition the results are amazing. These three classes will explore the work of Dr. James Scala (advanced nutritionist, formerly with the US Olympic teams) through slide presentations, including over 100 sheets of hand-outs covering nutritional information. Cost: $12 each session. For more information, call Cindy Klement at 665-0383.

Food, Fiction, Facts with **Betty Bishop** • Saturday mornings, beginning Oct. 5, 10 AM-1 PM • Small seminars featuring informal discussion of "eating"—for health and energy. Everything to do with eating — bring all your questions! Fee: $15. Maximum 12 persons. For more information, call Betty Bishop at 741-7637.

Eating Healthy on the Run with **Cindy Klement** • Mon., Nov. 18, 7:30-9 PM • Lecture and a sampling of healthy alternatives to snacking and missing meals. Fee: $12. For more information, call Cindy Klement at 665-0383.

Herbs, Plants and the Garden

Publication Party and Book-Signing for Herbalist and Local Author Linda Diane Feldt sponsored by and held at **Crazy Wisdom Bookstore** • Friday, September 13, 6 PM • Born and raised in Ann Arbor, Linda Diane Feldt is a noted herbalist and holistic health practitioner who teaches locally and nationally. Her first book is entitled *Dying Again: 13 Years of Writing and Waiting,* published by Moonfield Press, and it is a moving and beautifully written account, spanning 13 years in her family's life, of her mother's ill health and death. This is not a book about herbs or plants, but it *is* a book by Ann Arbor's best-known and most appreciated herbalist and wisewoman. Wine and cheese will be served. Free. For information, call Crazy Wisdom at 665-2757.

> Plants bear witness to the reality of roots.
> —Moses Maimonides

The Magickal Garden--A Class for Womyn on the Healing Power of Plants with **ShuNahSii Rose** through **Changing Womon** • Two Mondays, Sept. 9 and 16, 7-10 PM • Explore the magickal, medicinal, and nutritional properties of local common plants. Learn practical ways to integrate the healing power of the green ones, to enhance and/or sustain the overall well-being of yourself and your family. This autumn mini-session emphasizes medicines, foods, and magickal preparations. Sliding scale fee: $40-$70. For more information or to register, call ShuNahSii Rose at 761-9148.

Herbal Preparations with **Cindy Klement** • Monday, Nov. 11, 7:30-9 PM • Instruction on how to make one's own poultices, tinctures, decoctions, salves and fomentations. Cost is $12. For more information or to register, call Cindy Klement at 665-0383.

Fasting and Cleansing with Herbs with **Cindy Klement** • Mon., Nov. 25, 7:30-9 PM • What a perfect time of year to learn the proper way to fast and how to break the fast. Pros and cons of fasting will be presented, along with directions for fasting 1-14 days. Cost is $12. For more information or to register, call Cindy Klement at 665-0383. For class brochure, please leave name and address on answering machine.

Last-Minute Herbal Gifts with **Cindy Klement** • Monday, Dec. 9, 7:30-9 PM • Ideas for great holiday stocking stuffers. Cost is $12. For more information or to register, call Cindy Klement at 665-0383. For class brochure, please leave name and address on answering machine.

Weight Management with Herbs with **Cindy Klement** • Monday, Dec. 16, 7:30-9 PM • A class to support those who have made the resolution to lose weight in 1997. Cost is $12.For more information or to register, call Cindy Klement at 665-0383.

Homeopathy

Vaccinations: Concerns & Alternatives with **Patty Brennan** • Sat., September 28, 9 AM—Noon • Class encourages parents to look at vaccines critically and to inform themselves about vaccine risks and homeopathic alternatives. Know your legal rights if refusing to vaccinate and how to prevent bad vaccine reactions if choosing to comply. Fee: $30. To register or for more information, call Patty Brennan, 663-1523.

> The art of medicine consists of amusing the patient while nature cures the disease.
> —Voltaire

Homeopathic and Herbal Remedies for Lactation and Infant Care with **Patty Brennan** • Sunday, Sept. 29, 1:30—4 PM • Come and learn about effective, natural treatments for common postpartum concerns of both mom and baby. We will focus on casetaking skills, remedy selection, and dosage considerations. Workshop is suitable for professionals who work with new mothers as well as the new [or expectant] moms themselves. Fee: $30. To register or for more information, call Patty Brennan, 663-1523.

Children's Home Health Care with **Patty Brennan** • Sat., Oct. 5, 9 AM—3 PM • Workshop focuses on herbal and homeopathic remedies for common acute illnesses and first aid crises in children. We will consider treatments for fevers, ear infections, colds and flu, teething difficulties, developmental delays, and more. Fee: $60. To register or for more information, call Patty Brennan, 663-1523.

Homeopathy & Family Home Health Care with **Patty Brennan** • Saturday, Nov. 23, 9 AM—3 PM • Workshop is designed to orient newcomers to homeopathy and simplify the task of home prescribing. Practical concerns such as the basics of casetaking, use of resources, and remedy selection will be emphasized. Fee: $60. To register or for more information, call Patty Brennan, 663-1523.

Infant Massage

Infant Massage Class with **Audrey Simon** • Wednesday mornings at 10:30 AM, new classes start monthly • 4-week class to learn the benefits and methods of interactive massage according to the baby's individual needs. The purpose of the class is to enhance the loving communication and bond between baby and caregiver. Cost is $85, which includes handbook, bottle of oil, and handouts. To register or for more information, call Audrey Simon, 741-9706.

> There is the Hindu story of the child in the womb who sang, "Let me remember who I am." And his first cry after birth was, "Oh, I have forgotten."
> —Source unknown

Iridology

Iridology Class with **Cindy Klement** • Saturdays, Sept. 21 - Nov. 23, 9:30-11 AM • This class will present Iridology in a way that will be of valuable use even to the lay person. Enjoy video presentations of other Iridologists who have been studying for many years, along with slide presentations consisting of over 600 eyes to give everyone a chance to study different irises and their associated body conditions. There will be a book, charts, and other materials available for purchase before and after class. $12 per weekly session. To register or for more information, contact Cindy Klement at 665-0383. For class brochure, please leave name and address on answering machine.

Kids and Young Adults

Music Therapy Group for Autistic Children in First or Second Grade with Kathleen Moore • Weekly Tuesdays or Wednesdays, 4:30 - 5:15 PM
This small group brings together autistic children who are in mainstreamed school classrooms. It is an opportunity to practice social skills in a small peer group setting, using music experiences as the process of interaction. Cost: $25 per session. To register and for more information, contact Kathleen Moore at 668-8146.

Teens T'ai Chi and Chi Kung with Wasentha Young through the Peaceful Dragon School of T'ai Chi Ch'uan • Mondays and Wednesdays, 4:30-5:30 PM, Sept. 9 - December 18 • This class covers T'ai Chi Form, Chi Kung, reflex exercises, basic kicks and punches, and meditation. Tuition: $150. To register or for more information, contact Wasentha Young at 741-0695.

Meditation

Meditation with **Wasentha Young** through the **Peaceful Dragon School of T'ai Chi Ch'uan** • Mondays, 7:30-8:30 AM, 12-week class starts September 9th • Sitting, standing, walking, pondering, visualization, and guided meditation. Tuition: $100. To register, or for more information, contact Wasentha Young at 741-0695.

Introductory Meditation Class through **Deep Spring Center for Meditation and Spiritual Inquiry** • Thursday evenings, 7:30-9:30 PM, October 24, 31 and November 7 **or** Saturday, October 19, 9 AM - 3:30 PM **or** Saturday, November 9, 9 AM - 3:30 PM • Instruction in the basics of Insight Meditation (vipassana). Insight Meditation is a simple and direct practice: the moment to moment investigation of the mind/body process through calm, focused awareness —which allow us to experience sensations, emotions, thoughts and consciousness with greater clarity and balance. Cost: $20. For information about the class content, call 971-3455. To register, call U-M class coordinator at 764-7544.

TIME IS BREATH
—Gurdjieff

Day of Meditation with **Barbara Brodsky** and other teachers from the **Deep Spring Center for Meditation and Spiritual Inquiry** • Saturday, September 28, 9:30 AM - 5 PM • Suitable for new and continuing meditators, this day will offer basic instruction and the opportunity to spend a day in silent meditation in a lovely wooded setting. Fee: $30. All registration proceeds go to Michigan Friends Center. To register, or for more information, call Cassie at 662-6704.

Residential Meditation Retreat at the **Deep Spring Center for Meditation and Spiritual Inquiry** • Nov. 1 - 4, held at Emrich Center, just north of Ann Arbor •. Vegetarian meals and comfortable accommodations in a lovely rural setting. The retreat is led by Barbara Brodsky of the Deep Spring Center and Aaron, a spirit whom Barbara channels. The retreat is appropriate for beginning and advanced meditators. Except for instruction, group discussions and private meetings with the teachers, the retreat will be held in silence. Space is limited. Pre-registration is required. For a complete flyer, more information, to register, or for prices, contact Hal at 971-3455..

Pure Awareness Teachings (Dzogchen) with **Barbara Brodsky** though the **Deep Spring Center** • Starts September 30, meets every two weeks, and continues through June • This class is appropriate only for those who have some firm experience in either vipassana or related practice such as zen meditation. This class will explore, through meditation and discussion, the meaning of the non-dual nature of experience in our lives. There is an essence; Buddhists call it Buddha Nature or Unconditioned; those of other faiths may call it God. This "essence" is not something "out there" but is directly within our own experience. What is the experience of "that of God within?" How do we learn to rest in that unconditioned center of Pure Heart/Mind, and to live from that center? How does such choice relate to karma? Class size is limited to 12. Applications will be considered on an individual basis. For more information, call 971-3455.

Meditation Con'd

Insight Meditation Class with **Barbara Brodsky** through the **Deep Spring Center** • 8-Week class starting October 7, meets every two weeks into early February, 7:30 - 10 PM • The two foundations of Deep Spring's meditation program are Insight Meditation (vipassana) and Pure Awareness Teachings (dzogchen). This class emphasizes Insight Meditation, often called Mindfulness Meditation. Each class will begin with a sitting, followed by a talk or instruction and discussion. A special focus will be on deepening one's meditation practice. This year the class will work especially with expanding awareness of the conditioned nature of experience, that is: that physical sensations, emotions, thoughts, material objects —everything in the phenomenal world—arise when conditions are present for their arising and cease when those conditions cease. Thus, everything that arises in our experience is empty of any separate self but all experiences in the conditioned realm are mutually interdependent. Insight Meditation derives from Buddhist teachings but no special religious beliefs are necessary to their practice. No religious rituals are performed. The meditation practices are suitable for those of any religion. Class size limited to 20. $100. Pre-registration required. For more information or to register, call 971-3455.

Introductory Lecture on Transcendental Meditation through the **TM Center** • For dates and times, check listings in the Ann Arbor Observer, or call 996-8686. The lectures take place about four times a month • A one hour lecture and question-and-answer period about Transcendental Meditation: what it is and is not, what the experience is like, what the benefits are from regular practice, and how to learn TM. Class is free. Just show up. For more information, contact Ann Rappaport at 996-8686.

Mastering Meditation with **Kapila Castoldi** through the **Sri Chinmoy Centre** • Sept. 16, 23, 30, Mondays, **or** Oct. 9, 16, 23, Tuesdays, **or** Nov. 7, 14, 21, Thursdays, at 7:30-9:30 PM • This 3-week study program covers the essentials of meditation, quieting the mind, practica
and meditation, and self-improvement. Cost: free.
information, contact the Sri Chinmoy Centre at 99

Zen Buddhist Meditation through the **Zen Buddl**
in the Buddhist Teachings/Buddhist Meditation :

Tibetan Buddhist Meditation through **Jewel Heart** • *See listings in the Buddhist Teachings/Buddhist Meditation section of the Calendar.*

Men's Support Groups

Sixth Annual Michigan Men's Spirit Camp with **Jeffrey Duvall and Gurudarshan Khalsa** • 7 PM, Friday, Sept. 20 through 2 PM, Sunday, Sept. 22 • Feeding the deep masculine soul through sacred drumming, dance, ritual, and sharing your truth. At the time of the Fall Equinox, when night and day are balanced, we shift from the warmth and expansive growth of Summer to the golden glow of the Autumn harvest. We will explore the common thread of deep masculinity as it runs through each man's unique fullness, and pulls us together into the rich, beautiful tapestry of Brotherhood. Camping at beautiful 80-acre wooded site by a private lake, 3 hours from Detroit. Meals provided. Cost: $180 ($160 if paid in full by 9/1). To register or for more information, contact Steven at 313-882-0849, or Gurudarshan 810-541-4834.

> Any true religious practice is to see once again that which is already so: to see the fundamental unity in all things, to see our true face. The main reason we fail to see that which is already so is our fear of being hurt by that which seems separate from us. —Charlotte Joko Beck

Movement and Dance

Earth Dance with **Jesse Richards** • 12 week fall classes begin Sept. 8 & 9 • Beginner thru advanced beginner: Tuesdays 6:30 - 7:45 PM; Intermediate thru Advanced: Wednesdays 6:45 - 8 PM • Earth Dance combines jazz with African-based movement, martial arts and ballet. It's an exciting and energetic dance style which develops a deep sense of strength, alignment and the joy of moving. Fee: $105. To register or for more information, contact Jesse Richards at 995-2972.

Year of the Labyrinth with **Janet Nagy** through **Mulberry Farm** • Sept. 20, 21, and 22 • Come walk with us. Spiral into the center of four labyrinths connected by the tree of life. Enjoy workshops, participate in earth-based ceremonies and experience community. Costs vary depending on days and overnights spent at the gathering. To register or for more information, call Mulberry Farm at 1-313-783-3830.

> At school I gave a girl some chips and the next day she gave me some chips and candy just for giving her some chips. Now am I nice or what.
> —Alexandria, 6th grade
> from Kids' Random Acts of Kindness

Dances of Universal Peace [Sufi Dancing] at **Friends Meeting House** • 1st Friday and 3rd Saturday each month, 7 - 9 PM • Dances of Universal Peace invite us to be more fully ALIVE. A combination of meditation, movement and music facilitates the exploration, awakening, and growth of the spiritual/mystical side of our being. The Dances provide a harmonious meeting place for all faiths and beliefs. Beginners welcome anytime. The simple movements and melodies may be done even by the "musically challenged." Suggested donation: $5. To register or for more information, contact Majid at 913-8852 or Siddiq or Majida at 996-1332.

Life Dance I and II with **Suzanne Willets-Brooks** • Beginning level, Thursdays, 7:00-8:30 PM. Continuing level, Thursdays, 5:30-7:00 PM. 12-week classes start September 12 • Life dance is fun and empowering; it is an integration of African-based movement with yoga and modern dance to awaken and celebrate both body and spirit. Cost: $100. To register or for more information, call Suzanne Willets-Brooks at 482-2607.

Moving from the Inside Out with **Suzanne Willets-Brooks** • 12 week class begins Monday, Sept. 9, 7:00-8:30 PM • A class designed to explore and listen to the body-mind. It combines basic elements from tai-chi, yoga & somatics. We will move from the center allowing the uniqueness of the body to reveal its self. The experience is deeply calming. Cost: sliding scale $55-80. To register or for more information, call Suzanne Willets-Brooks at 482-2607.

Music and Drumming

Sacred Music Concert through **A Fourth Way School** • Sat. Oct. 26 at 7 PM • A rare performance of the Piano music of G.I.Gurdjieff and Thomas de Hartmann at Rackham Auditorium. Gurdjieff was a practical philosopher whose music is deeply rooted in the sacred traditions of the East. Admission: $6 at the door. For more information, call Jeanie Wayker at 697-6651.

Drum Circle! • On the 1st Saturday of each month, from 6 - 9 PM. Just come to 1522 Hill Street (behind 1520). This drum circle is Spirit led and completely non-professional. Bring drums, rattles, other music making objects, and good friends for a few hours of free form drumming, spontaneous dancing, chanting, bliss and ecstasy! Candles, incense and your favorite chants are always welcome! Snacks too! For more information, call Paula at 677-8211.

You Can Sing! with **Jesse Richards** • Beginning level Group Singing Class starts Sept. 9 and runs 12 weeks, Mondays, 6:30 - 8 PM • Singing instruction for all levels and styles. Holistic training enables you to reach your singing potential, while developing greater self-awareness, technical expertise, confidence and joy. Classes are also useful for songwriters, public speaking, and those engaged in personal healing processes. This class helps in developing greater self-awareness, technical expertise, confidence and joy in singing. Cost is $220. Private lessons are scheduled individually. To register or for more information, contact Jesse Richards at 995-2972.

ACT ENTHUSIASTIC

Don't save enthusiasm for special occasions. Use it now. Share it with everyone you meet. Enthusiasm comes from the Greek word *enthos,* which means "God within." Let the world see your inner beauty. Share enthusiasm with a friend.

—from the book, 101 Simple Ways to be Good to Yourself

Drum the Heartbeat with **O. Andrew Schreiber** • Four weeks, starts Sunday, Sept. 15, 4-6 PM • We are all inherently rhythmic and the heartbeat is the first drum we know. Beginning hand drum rhythms and hand positions will be explored in depth. We will play rhythmic games with instruments, our voices and body movements. Sliding scale $45-55. To register or for more information, contact O. Andrew Schreiber at 668-6380.

Nature of Rhythms with **O. Andrew Schreiber** • Six weeks, starts Sunday, Oct. 13, 4-6 PM • The intention of this class is to deepen our awareness and appreciation for the rhythms of natural cycles, & to strengthen our connection with the earth through drumming. We will learn hand drum and explore the evolution of rhythmic concepts and instruments. Bring a drum. Sliding scale $70-100. To register or for more information, contact O. Andrew Schreiber at 668-6380.

Songwriting: A Path to Discovery, Self-Expression and Healing with **Laura Massaro** • Classes begin in September • For musicians and non-musicians. Participants learn how to use words, poetry and music to communicate feelings, enhance self-expression and experience healing in a safe, supportive environment. All levels welcome. For more information, contact Laura Massaro at 971-6627.

Women's Healing Drum Circles with **Lori Fithian** and **ShuNahSii Rose** • 8PM, Friday evenings, Sept. 20, Oct. 11, and Nov. 8 • Monthly gatherings for all womyn. Our focus will be on healing ourselves, our community, and our earth through rhythm, song, movement, and the drum. Bring your hearts, hands, feet, voices and instruments. We'll raise energy and create safe, transformative, healing space. No musical experience necessary. Cost: $5-10 -- sliding scale..For more information, contact ShuNahSii Rose at 761-9148.

Group Voice and Harmony with **Kathleen Moore** • Starts in September, ongoing on a bi-weekly basis • Small group that will focus on healthy and effective voice usage, ear training, creating harmony, sharing songs, and, optionally, individual work. Cost: $20 per session. To register and for more information, contact Kathleen Moore at 668-8146.

Feast of the Lotus Born: A Journey of Sacred Music and Transformation through **Crazy Cloud**. • Sat., Oct. 12, 7:30 PM • *See description of this event located in the Chanting section of the Calendar.*

Women's Circle of Sound with **Kathleen Moore** • *See listing in Personal Growth section of Calendar.*

> **From the time we are born, there is a wildish urge within us that desires our souls lead our lives, for the ego can only understand just so much.**
> **—Clarissa Pinkola Estes**

Personal Growth

Transitions: Stepping Stones to Change with **Dale Crayne** through **Soundings: A Center for Women** • Wednesdays, Sept. 18 - Oct. 23, 6-8 PM • This class focuses on life transitions as opportunities for learning and growth. Group discussion and self-awareness exercises focus on transforming life's challenges into positive changes. Cost: $120. To register or for more information, call Soundings: A Center for Women at 973-7723.

Saging and the Wonder and Beauty of Women 55 Years of Age and Older with **Sara Schreiber** • Thursday evenings, 5:00 - 6:30 PM, starting in September • We live in a society that denies the wisdom and the beauty of women after they reach a certain age. The myths of aging apply specifically to women. Labels such as "you old hag" or statements like "well, she's older, what do you expect?" are common expressions in our culture. This is a group about the expression of beauty in women over 55. We will praise the crone, the goddess and the woman who has lived long enough to share her experiences and her wisdom. The process will include psychodrama, drama therapy and story telling. We will celebrate birthdays and special anniversaries, as well as honor the life behind us and the life yet to come. Cost: $60 per session. To register or for more information, call Sara Schreiber at 662-1450.

> THE PEARL IS THE OYSTER'S AUTOBIOGRAPHY.
> —Federico Fellini

Women's Circle of Sound with **Kathleen Moore** • Starts in September, bi-weekly • Using voice, percussion, and other music experiences, this small group brings together women who wish to explore and share themselves through music. The initial focus will be reclaiming and expressing our creativity. All/no music backgrounds welcome. Cost: $25 per session. Call to register as soon as possible. For more information, contact Kathleen Moore at 668-8146.

The Healing Power of Dreams with **Rebecca Mullen** • Ongoing, Mondays, 7-9 PM • Dreams come to us for the purpose of health and healing —to balance and regulate psychic energies. People will be encouraged to share their dreams and investigate their symbolic meaning. Individual sessions also provided. No specific fee; donation of $5-$15 encouraged. To register or for more information, call Rebecca Mullen at 662-5925.

Artist's Way Groups with **Sue Webster McDonald** • 12 week class begins in late September. Two hour sessions. Dates and times TBA • Based on the book, The Artist's Way, a small group atmosphere encourages the discovery and recovery of creativity in living and in the arts. It is appropriate for both professionals and non-professionals. Early registration is suggested as the groups fill quickly. Cost is $20/$25 per session depending on group size. Group size is limited. To register or for more information, contact Sue Webster McDonald at 747-9191.

Creativity Workshop: Discovering and Re-discovering Yourself with **Laura Massaro** through **Soundings: A Center for Women** • Session #1: Mondays, Sept. 16 - Oct. 21, 7-9 PM **or** Session #2: Mondays, Nov. 4 - Dec. 9, 7-9 PM • An exploration in creativity for artists and non-artists. Based on The Artist's Way, this program helps individuals overcome blocks to creativity and to claim their creative selves. Activities include discussion, journal writing, artists date, relaxation techniques. Small groups. Confidential. Cost $120 / each six week session. To register or for more information, call Soundings: A Center for Women at 973-7723.

Rhythms of Wholeness: Exploring the Healing Potential of Body, Emotions and Mind with **Cynthia Gormley** and **Amrita** • Oct. 5, 10 AM - 5 PM • Weaving together powerful transformative techniques, this day-long intensive takes you beyond your past into the great potential of the present. Gentle breath and body work (combined with sacred drum rhythms) release, open and enhance our connection with intrinsic wholeness. Cost: $75. To register call 332-4247.

Dynamic Dream Work with **Ann Schoonmaker** • Thursdays: choice of 2-4 PM or 7-9 PM sessions, beginning Sept. 19 • Your dreams weave a tapestry of past, present and future choices. Learn how to use active dream work to work through conflict and create a positive future. This multi-layered approach is drawn from Jung (personal and archetypal), Perls (gestalt), and Neuro-Linguistic Programming (exquisite change work). Introductory sessions: Sept. 19: Orientation and preparation for active dream work; Sept. 26: Journaling your active dream work.
Series #I - Oct. 3, 10, 17, 14: Where are your dreams leading you?
Series #II - Oct. 31, Nov. 7, 14, 21: Working with your images of transformation. Cost includes materials. Introductory sessions $20 each; $75 for each four week series in advance. To register or for more information, call Ann Schoonmaker at 761-9044

Luminosity: Body-Mind-Spirit Work for Women to Enlighten the Shadow with **Elizabeth Alberda** • Saturdays, 9 AM - 5 PM—Sept. 28, Oct. 26, Nov. 23, and continuing once a month through June, 1997 • This year's work invites 12 women who are committed to creating a relationship between their conscious ego, lower self and eternal self; between their historical body and luminous body. Through lecture, reading, keeping a journal for transforming the lower self, shamanic practices, and a series of movements to release negativity and false beliefs from the body to make room for divine light within the temple. Cost: $100 for each session. A commitment to yourself, the group and the teacher to attend all nine sessions is required. For registration form, call Elizabeth Alberda at 663-5457.

All My Relations: Accessing the Energy of Your Personal Mythic Ancestry with **Maurice Alberda** • Saturday,10 AM - 6 PM and Sunday, 10 AM - 4 PM. Oct. 5-6 **or** Nov. 9-10 • This experiential, interactive and expressive workshop offers the opportunity to deepen our connection with our quintessential Inner Self who holds the seed of our individual potential, and to discover the Mythic Ancestry of that Self, its source and support. No longer dependent on our human family for our identity, we can have a more direct, honest, and creative relationship with it, with ourselves, and with others. Cost: $150 for the two-day workshop For information and registration form, contact Maurice Alberda at 663-5457.

"Life 101"—Exploring the Wisdom Within with **Dale Crayne** through **Soundings: A Center for Women** • Wednesdays, Oct. 30 - Dec. 11, 4-6 PM (except Nov. 27) • Join us for a 6-part discussion series on: Life as Change, Loss as Opportunity, Forgiveness, Making Peace, Life Purpose, and Living with Joy. "Grow," don't just go, through life using techniques focused on self-empowerment. Cost: $120. To register or for more information, call Soundings at 973-7723.

> **We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.**
> **—Viktor Frankl**

Create Your Life with **Betty Younger** • Sun., Nov. 10, 9 AM - 5:30 PM • Have you organized your life around what matters to you? Learn skills to create what you care about. Establish a structure that supports involvement and momentum to create your vision. Based on Robert Fritz's Path of Least Resistance and Creating. Cost: $65. To register: E-mail: BEYOUNGER @AOL.COM until October 4, or by phone until November 8 at 665-8793.

> **The air, blowing everywhere, serves all creatures.**
> **—Hildegarde of Bingen**

Psychic Development

Something Simple: Psychic Skills for Beginners with **Diane Evans** of the **Ann Arbor Practical Psychic Center** • Sept. 14 **or** Oct. 5 **or** Nov. 2, Saturdays, 10 AM-4 PM • A sampling of non-technical activities for people with curiosity or skepticism and little or no experience. Cost is $55. To register or for readings call Ray O. Golden at 663-6075.

Practical Psychic 1: Grounding, Personal Meditation and Healing with the **Ann Arbor Practical Psychic Center** • Evenings: Wed., Sept. 4 - Oct. 2, 7:30-9:30 PM with Ray O. Golden, **or** Weekends as follows:

- Sept. 14-15, Saturday and Sunday, 10 AM-4 PM with Ray O. Golden
- **or** Oct. 11-12, Friday 7-10 PM, Saturday 10 AM-5 PM; with Diane Evans and Sue Remmington
- **or** Nov. 15-16, Friday 7-10 PM, Saturday 10 AM-5 PM; with Diane Evans and Sue Remmington
- **or** Dec. 14-15, Saturday and Sunday, 10 AM-4 PM; with Ray O. Golden

Learn simple and powerful techniques to begin to see, ground and heal your psychic and emotional space, aura and chakras. Cost is $149, $129 if paid 2 weeks in advance, or $119 if you bring 3 or more friends. To register or for readings call Ray O. Golden at 663-6075.

Practical Psychic 2: Deepening Awareness and Skills with **Ray O. Golden** of the **Practical Psychic Center** • Sat. and Sun., Oct. 19-20, 10 AM-4 PM **or** Evenings, Oct. 23 - Nov. 27, 7:30-9:30 PM • Learn to recognize and heal layers of the aura. Connect with one of your healing guides to do healing. Cost: $175. To register or for readings call Ray O. Golden at 663-6075.

Practical Psychic 3: Putting It All Together with **John Friedlander** of the **Practical Psychic Center** • Nov. 8,9,10: Friday, 7-10 PM, Sat.and Sun, 10 AM-4 PM • Read auras and do professional quality clairvoyant readings. Learn to communicate directly with guides. Cost: $195. To register or for readings call Ray O. Golden at 663-6075.

Practical Psychic 4: Channeling with **John Friedlander** of the **Practical Psychic Center** • Sept. 20,21,22, Fri., 7-10 PM, Sat. and Sun., 10 AM-4 PM • Learn to safely become a conscious channel, using a technical system as your foundation. Cost: $195. To register or for readings call Ray O. Golden at 663-6075.

Reiki

Free Reiki Clinic with **Suzy Wienckowski** and **Nancy Steel** • Wednesdays, Sept. 18, Oct. 16, and Nov. 20: appointments from 8 PM-9 PM • Reiki (Ray-Key) is an ancient, gentle hands-on healing art. It relieves pain, reduces stress and facilitates healing and personal growth. Free 30 minutes sessions followed by a discussion of Reiki with Suzy Wienckowski and Nancy Steel. To register or for more information, contact Nancy Steel at 996-2530.

Reiki Level I Class with **Suzy Wienckowski** and **Nancy Steel** • Saturdays, Sept. 14 and Nov. 9, 10 AM-5 PM • Reiki is a powerful energy that reduces stress, relieves pain and facilitates healing on all levels: Body, Mind and Spirit, supporting you in your person growth. Reiki, the Usui System of Natural Healing, is an ancient, gentle, hands-on method for channeling this energy. The Level I class includes the history of Reiki lineage, hands-on techniques for giving Reiki to yourself and others, and individual initiation: empowerment through four specific attunements. Certificate awarded. Fees: Reiki Level I - $150. To register or for more information, contact Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

Reiki Level II Class with **Suzy Wienckowski** and **Nancy Steel** • Sun., Sept. 15, 10 AM-5 PM • *See the description of Reiki in the listing directly above this one.* The Level II class includes intensification of the Reiki Energy, techniques for healing at a distance and tools for deep mental and emotional healing. Certificate awarded. Fees: $500. To register or for more information, call Suzy Wienckowski at 668-8071 or Nancy Steel at 996-2530.

Reiki Introduction and Healing Night with **Ray O. Golden** through the **Center for Intuitive Health** • Thursdays, Sept. 5, Oct. 3, Nov. 7, Dec. 5, 7-9 PM • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. To register or for more information, call Ray O. Golden at 663-6075

Reiki Level One Workshop with **Ray O. Golden** through the **Center for Intuitive Health** • Sat., Sept. 7, **or** Sat., Nov. 16, **or** Sun., Dec. 8, 9:00 AM-6:00 PM • Reiki is a powerful, natural, non-invasive, easy-to-learn healing technique which can be learned by anyone. It is an ancient form of healing to facilitate an individual's healing at all levels: physical, emotional, mental and causal. Class sizes are limited to allow for individual attention and attunements. In the Level One workshop the student receives attunements to the Reiki energy and learns to facilitate healing in others, as well as self-healing techniques. Cost: $95, including manual and certificate if pre-registered a week in advance; $125 after that. To register or for more information, call Ray O. Golden at 663-6075.

Reiki Level Two Workshop with **Ray O. Golden** through the **Center for Intuitive Health** • Oct. 4 & 5, Friday, 6-10 PM and Saturday, 10 AM-4 PM • *See the description of Reiki in the listing directly above this one.* In the Level Two Workshop, advanced attunements deepen the process. The student learns even more powerful healing techniques and powerful distance healing techniques. Cost: $180 if pre-registered a week in advance, $225 after that. To register or for more information, call Ray O. Golden at 663-6075.

Reiki/Healing Circle • the fourth Friday of each month, 7:00 PM • Share and exchange Reiki with others. All forms of hands-on and spiritual healing welcome. For more information, call Paula at 677-8211.

Shamanism

Shamanic Journeys with John Morris • Beginner's group on second and fourth Wednesdays of each month, advanced group on first and third Wednesdays of each month, 7:30 PM • Now in their sixth year, these weekly trance journeys provide a gentle introduction to shamanism, including healing, divination, shape-shifting, and meetings with power animals and spirit guides. The sessions follow anthropologist Felicitas Goodman's book, Where the Spirits Ride the Wind, which emphasizes the role of postures in the shaman's quest. Free. Newcomers welcome. Advanced registration is not required. For more information, please call John Morris at 665-3522.

Spiritual Development

Dream Yoga — Awakening into the Light with **Pranama** through **Crazy Cloud Hermitage** • Friday, November 1, 7:30-9 PM and Saturday, November 2, 10 AM - 5 PM • Dream Yoga is a profound process allowing you to discover the hidden potential of your mind and access the transformative power of dreaming. Using simple techniques you will learn how to enhance the depth and clarity of dreaming, discover the potential of Lucid Dreaming and dream states as a gateway into meditative awakening. Cost: $135. For more information or for brochure, call 332-4247.

Seven Steps for Spiritual Development with **Ann Schoonmaker** • Thursdays, 10 AM - Noon • Ongoing women's support group focused on the practical application of Deepak Chopra's Seven Spiritual Laws for Success, modeled after 12 step programs. Cost: $1 per session donation to the Genesis Foundation. For more information call 761-9044.

Gurdjieff — Ouspensky Group through **A Fourth Way School** with **Jeanie Wayker** • Dates and times vary • This is a group for developing consciousness based on the ideas of Gurdjieff and Ouspensky. This is a school for changing the level of one's being, and includes the education of essence. Cost varies. For more information call 697-6651.

Believe those who are seeking the truth; doubt those who find it.
—Andre Gide

Human & Spiritual Intimacy: Awakening to Life and Love with **Brenda Morgan** • Friday, Oct. 25, 7-9 PM • How can our love be expressed, our creativity be released, when we come from a position of fear, defensiveness and desperation? Through talk, dialogue and humor we will address what true human and spiritual intimacy are, and how to move towards a life based on these principles. Cost: $35 per person. To register or for more information, call Ray O Golden at 663-6075.

Onward through the Fog: Guideposts for Navigating Life with **Brenda Morgan** • Saturday, Oct. 26, 9 AM -4 PM • Questions such as why or how we are where we are in our lives can be addressed more easily if this bigger picture and the human and spiritual laws governing it are brought to our conscious awareness. This one day workshop will focus on participants developing tools to move onward through the fog, allowing joy and a deeper understand of existence to arise. Through a variety of individual and group exercises participants will learn to see and work with guideposts signaling the deeper meaning and structure of our lives. Cost: $75 per person. To register or for more information, call Ray O. Golden at 663-6075.

Being on an Independent Spiritual Path with **Jonathan Ellis** • Thursday, Oct. 3 at 7 PM • Many people decide to be on a spiritual path independently. Some draw ideas from different traditions. Others connect with a particular spiritual group, but continue to seek a personal call coming deep from with themselves. To be independent does not mean being isolated or self-centered. We are all one, and sometimes we need to find that in our own way. This talk will explore the many ways to find your spiritual center and lead a conscious spiritual life independently. Free and open to all interested. This event will be held three doors north of Crazy Wisdom, at the recently opened Gypsy Cafe. For more information, call 668-6672.

T'ai Chi & The Martial Arts

Chen Style T'ai Chi Ch'uan with **Richard Miller** at **Great Lakes Wushu** • New beginning class starts Sept. 5 • Complete instruction in Chen Style T'ai Chi Ch'uan. Classes include basic training forms, push hands, chi kung. Students may attend 3 classes per week. Cost: $55 per month, $45 for students. To register or for more information, call Richard Miller at 994-5980.

Traditional Northern Chinese Kung Fu with **Richard Miller** at **Great Lakes Wushu** • Ongoing classes • Complete instruction in the following styles: Jiaomen Changquan [Islamic Style Long Fist], Baji Quan [Eight Infinite Style], Piquazhang [Splitting Deflecting Style]. Weapons: sword, saber, spear. Cost: $55 per month, $45 for students. To register or for more information, call 994-5980.

Teens Class in T'ai Chi Ch'uan with **Wasentha Young** through the **Peaceful Dragon School** • *See class description under category:* **Kids and Young Adults**.

T'ai Chi Ch'uan Classes with **Wasentha Young** through the **Peaceful Dragon School of T'ai Chi Ch'uan** •. To register, to receive a brochure, or for more information, contact Wasentha Young at 741-0695. The Fall program runs from Monday, September 9th thru Friday, December 20th. The classes offered are as follows:

- ☐ **T'ai Chi I and II [Beginners class]** • Mon., 9-10:30 AM **or** Wed., 6-7:30 PM • T'ai Chi Ch'uan is a Chinese Internal style of Martial Art which emphasizes the integration and cultivation of the internal energy with the mind/body and the strengthening of one's balance, concentration, and general well-being—before its martial application. Its graceful, slow and unique movements relax the mind and the body. [$175] -- through the Peaceful Dragon School.
- ☐ **T'ai Chi III/ Corrections** • Mon., 7-8:30 PM • This class is for students studying the last third of the Form and for students getting Form corrections. [$175] -- throught the Peaceful Dragon School.
- ☐ **Chi Kung I [Wild Goose Chi Kung Form]** • Mon., 5:30-7 PM • Chi Kung is a type of Taoist Yoga. A Boddhisattva from India, by the name of Da Mo, began its development over 1,500 years ago, during his pilgrimage to China. It is now a system of exercises in meditation, stretches, breathing techniques, imagery, self-massage and movement that helps maintain the health of our bodies. Wild Goose Chi Kung is a series of movements that combine the principles of Chi Kung into a Form. [$175] -- through the Peaceful Dragon School.
- ☐ **Chi Kung II** • Fridays, 6:30-8 PM • Students must have completed Chi Kung I. [$175] -- through the Peaceful Dragon School.
- ☐ **Fundamentals of T'ai Chi Ch'uan and Chi Kung** • Wednesdays **and** Fridays, 9-10 AM • This class is designed for Seniors, those who are trying to decide if they want to study T'ai Chi or Chi Kung, and people who have schedules that do not allow them to commit to regular classes. [$150] -- through the Peaceful Dragon School.
- ☐ **Push Hands** • Wednesdays ,7:30 -8:30 PM **or** Fridays, 8-9 PM • Push Hands is a two person exercise that studies the interaction of forces. Primary movements from the TCC Form are used to explore the Push Hands principles of: Listen, Adhere, Yield, and the Neutralization of Force. Students must have completed the TCC Form. [$100] -- through the Peaceful Dragon School.
- ☐ **Form Application** • Wed., 8:30-9:30 PM **or** Fri., 8-9 PM • The study of the Application of the Form, free style Push Hands, and integrating basic kicks and punches. Permission of instructor required. [$100] -- through the Peaceful Dragon School.

Tarot and Divination

Tarot for Womyn: An Introductory Circle • Six Tuesdays: Sept. 10 - October 15, 7 - 9 PM • This work offers in-depth study of the cards, theory, philosophy, practical application, and a supportive environment to explore the insights and changes they prompt. Focus on the structure of the deck will offer crucial building blocks in developing an intimate and useful relationship with your deck. Sliding scale fee: $70 - $90. For more information, contact ShuNahSii Rose at 761-9148.

I Ching Mini Workshop with **Wasentha Young** through the **Peaceful Dragon School of T'ai Chi Ch'uan** • Tuesday, October 8, 6:30-8:30 PM • The ancient stick (yarrow stalks) method of consulting the I Ching. Tuition: $40. To register or for more information, call 741-0695.

Therapy/Support Groups

Music Therapy Group for Autistic Children in First or Second Grade with **Kathleen Moore** • Weekly Tuesdays or Wednesdays, 4:30 - 5:15 PM • This small group brings together A.I. children who are in mainstreamed school classrooms. It is an opportunity to practice social skills in a small peer group setting, using music experiences as the process of interaction. Cost: $25 per session. To register and for more information, contact Kathleen Moore at 668-8146.

Women and Relationships with **Kristin Blackburn** • Wednesdays, Sept. 11 - Nov. 13, 7-9 PM • This ten-week educational and experiential workshop is a time for women to explore a variety of issues pertaining to their personal and professional relationships. Topics presented for discussion include intimacy, communication and co-dependency as well as additional topics as determined by the group participants in the first meeting. $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

Building and Maintaining Self-Esteem with **Kristin Blackburn** • Thursdays, Sept. 12 - Oct. 17, 7-9 PM • In this six-week educational and experiential workshop for women only, participants will gain understanding of how past messages affect them today, create new positive messages to and about self, identify self-destructive behavior cycles, and develop more positive ways of relating. Cost: $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

Healing from Cancer Empowerment Group with **Susan Wolf Sternberg** • New group starts October 15, Tuesdays, 7-9 PM • The focus of this group is to help individuals with cancer become active participants in their healing journey through the use of guided visualizations, meditation, relaxation, prayer, keeping a journal, group discussions and exercises, nutrition, and a strengthened connection with one's Higher Self. Cost: $180 for 10 weeks. To register or for more information, contact Susan Wolf Sternberg at 665-3171.

> LIFE MUST BE LIVED FORWARDS, BUT CAN ONLY BE UNDERSTOOD BACKWARDS.
> —Soren Kierkegaard

Anger Management and Assertive Communication Development with **Kristin Blackburn** • Thursdays, Oct. 31 - Dec. 12, 7-9 PM (no session Nov. 28) • This six-week workshop is designed specifically for women to explore the role of anger in their lives and relationships, learn constructive expressions of anger, and improve their communication skills. Cost: $20 per session. To register or for more information, contact Kristin Blackburn at 994-1531.

Women's Circle of Sound for Survivors of Incest and Childhood Sexual Abuse with **Kathleen Moore** • Bi-weekly Thursdays starting in September, 7:15 - 9:15 PM • This small group brings together women survivors who wish to use voice, percussion, music, and other expressive experiences to explore and share in their process of recovery. Openings in both new and ongoing groups. Cost: $25 per session. To register and for more information, contact Kathleen Moore at 668-8146.

Sexual Abuse Survivor's Group with **Carol A. Plummer** • Begins Thursday, September 19, 10 weekly sessions, held at 5:30 PM • Many survivors find that their growth and healing is enhanced by group therapy led by a trained therapist. In addition to the work done in individual counseling, many survivors of sexual abuse and incest learn that others who have experienced similar problems may also help by sharing solutions and normalizing the feelings of anger and pain that result from abuse. This group combines personal sharing, problem solving, emotional release, and didactic information to help guide group members through to a reclaimed life. Call with questions or to find out if this group may be for you. Cost: $25 per week. Contact Carol A. Plummer at 994-1253.

Wholistic Health and Healing

Muscle Testing with **Cindy Klement** • Mondays, Sept. 30 and Oct. 7, 7:30-9 PM • This two-part series provides a background on how to muscle test and will include demonstrations of muscle response to test points. $12 per session, classes may be taken individually. To register or for more information, contact Cindy Klement at 665-0383.

The Alternative Medicine Cabinet with **Cindy Klement** • Oct. 14, 21, 28 and Nov. 4, 7:30-9 PM • Each week the class will cover six letters or so of the alphabet and discuss common ailments that can be healed by using products from the natural healing shelves, in place of what is found on drug-store shelves. $12 per session, classes may be taken individually. To register or for more information, contact Cindy Klement at 665-0383.

Healing Essentials with **Ray O. Golden** through the **Center for Intuitive Health** • Sat., Nov. 30, 9 AM - 6:30 PM • This workshop provides basic healing and processing techniques to complement energy healing techniques. Cost: $85. To register or for more information, call Ray O. Golden at 663-6075.

Wicca

Basic Witchcraft with **John Morris** • Second and fourth Saturdays of each month, 6:00 PM • Informal discussions and demonstrations of the Old Religion of Europe. Newcomers are especially welcome, as well as those experienced in the Craft of the Wise. Our approach is inclusive, and is not confined to a single tradition or organization. Starhawk's book, The Spiral Dance, is recommended reading. Free. Advanced registration is not required. For more information, contact John Morris at 665-3522.

> *We ourselves cannot put any magic spells on this world. The world is its own magic.*
> —Dogen

A Weekend with Jane Sibley —the Magic, Culture and Lore of the Old Norse Earth Religion through the **Magical Education Council of Ann Arbor** • Friday evening, September 27 thru Sunday afternoon, September 29 • Immerse yourself in the magic and lore of the ancient norse. Folk customs, everyday magic in Northern Europe, ritual and trance-work, reading and casting and magical use of Runes, and more! A chance to ask questions of a well-respected scholar and hereditary practitioner of the Old Norse earth religion. An exciting, inspiring, high energy and fun weekend. This weekend workshop will be held at the lodge of a campground in southeastern Michigan. We anticipate being able to provide at least a Saturday night feast, and possibly all meals. Suitable for anyone with at least some magical experience, whatever your primary tradition. Cost: $100; some partial scholarships may be available, especially in return for help rendered. For more information, call Kami Landy or Michael at 761-1137.

Womenspirit

Girls Becoming Womyn —The Circle of Diana, A Spiritual Side of the Story with **ShuNahSii Rose** through **Changing Womon** • Sat. & Sun, October 12 & 13 • A weekend workshop for mothers and daughter in the coming-of-age process. Herstory, traditions of tribal societies, lecture, discussion, storytelling, movement, music and ceremony are all used to restore joy and dignity to a crucial rite of passage. Further details TBA. For more information, contact ShuNahSii Rose at 761-9148.

Liberating Life Force—Through Embracing Your Shadow with **ShuNahSii Rose** through **Changing Womon** • Saturday and Sunday, November 2 & 3 • Most of us unconsciously spend enormous amounts of energy trying to hide our least liked 'parts'. The deepest healing happens when we use ritual space to invite our shadows into the roles of teacher, healer, and ally. We will work with mask-making, movement, story, song, and ceremony to get free. Further details TBA. For more information, contact ShuNahSii Rose at 761-9148.

Dreaming Cave Series with **Cheryl Stereff** • Thursday, Sept. 26, 6-10 PM [total eclipse of full moon]; Saturday, Oct. 12, 1 - 6 PM [new moon/partial eclipse of sun]; Saturday, Oct. 26, 1-6 PM [full moon] • Celebrate with consciousness the Libra eclipses, as well as create the threshold into Samhain. Emphasis on women's spiritual development through a cross-cultural perspective, shamanic storytelling, transpersonal themes, creative expression, bodymind work, process meditation and celtic circle dances. Fee: $135 for series. Contact Cheryl Stereff at 668-8993 or e-mail moontao@aol.com.

Yoga

Yoga Classes and Workshop with **Ema Stefanova** • Ongoing. Tuesdays at 6 PM, **or** Sundays at 5 PM, **or** Saturday workshops at 5 PM • Small groups, individual attention, clean and meditative environment. Yoga postures, breathing, yoga psychic sleep, meditation. Plus in-depth, specialized programs during workshops. Cost depends on the length of class or workshop. To register or for more information, call Ema Stefanova at 665-7801.

Traditional Hatha Yoga Classes with **Laurie Blakeney** • Ongoing • Classes of all levels expertly taught in the Art and Science of Hatha Yoga. Students learn the technique required for a safe and satisfying home practice of postures and breathing exercises. Price varies depending on program you're enrolled in. To register or for more information, contact Laurie Blakeney at 663-7612.

Yoga Class through the **Zen Buddhist Temple** • 7:30 - 9 PM, Tuesdays, six-week class -- class starts September 10th **or** October 29th • Cost is $50. To register or for more information, contact the Zen Buddhist Temple at 761-6520.

Yoga Psychology with **Howard Nemon** • Starting the first week of October, a series of 5 lectures • For thousands of years, yogis have systematically explored the intricate workings of the mind and have developed a clear and accessible model for underlying what it is composed of and how it functions. This series of five lectures will examine the five layers of the mind, mind/body relationships, glands and emotions, transmutations of mental energies, and processes for achieving self-realization. Lectures will incorporate concentration and meditation techniques. $25 for the five lectures. Pre-registration necessary. For information or to register, please call Howard Nemon at 647-0885.

Ageless Yoga with **Donna Pointer** through the **Yoga Iyengar Style Studio** • Mondays, September 9 - November 25, 2:30 PM • Gentle yoga classes especially tailored to the needs of senior citizens or those with disabilities, using Iyengar therapeutic yoga methods. Limited to 8 students. 12 weeks for $120. To register or for more information, call Donna Pointer at 662-5026.

***There is in all things an inexhaustible sweetness and purity, a silence that is a foundation of action and joy. It rises up in wordless gentleness and flows out to me from unseen roots of all created being.* --Thomas Merton**

Ageless Yoga with **Donna Pointer** through the **Ann Arbor Senior Center** • Tuesdays, starting at 1:00 PM **or** at 2:30 PM, September 17 thru November 26 **or** Wednesdays, starting at 8:00 AM, September 18 thru November 27 • *See class description directly above this one.* Class size limited to 16. Call the Ann Arbor Senior Center to register and for prices, at 769-5911.

Mixed Level Iyengar Yoga with **Donna Pointer** through the **Yoga Iyengar Style Studio** • Mondays, at 5:45 PM **or** 7:30 PM, starting September 9 **or** Tuesdays, at 5:45 PM **or** 7:30 PM, starting September 10 • Taught in the Iyengar tradition, with class content tailored to the individual students in a fully equipped Iyengar studio. 12 week session for $120. To register or for more information, call Donna Pointer at 662-5026.

Kripalu Yoga—Beginning Level Classes with **Jeff McCabe** • Tuesday evenings, 5:45-7:15 PM, starting September 3 **or** Saturday mornings, 11 AM - 12:30 PM, starting September 7. An eight week series • Experience Kripalu Yoga in a friendly and supportive environment. $60/series. A new eight week class series will begin again on the week of October 28th. To register or for more information, call Jeff McCabe at 662-9406.

Yoga Classes through **Inward Bound Yoga Program** • Various levels and instructors as listed below • Cost is $56, $48 if taken with another class through Inward Bound. To register, or to receive brochure, or for more information, contact instructors at numbers listed. *(A new set of Inward Bound classes will start up again in November, and most of the classes listed below will be offered again at that time, though not necessarily with the same instructors or at the same times of the week.)* For general information about Inward Bound classes, please contact program director Barbara Linderman at 971-8562. The classes are:

☐ **Yoga Level I** with **Martha Laatsch** through **Inward Bound** • Tuesdays, Sept. 10-Oct. 29, 7:30-9:00 PM • Designed for students new to yoga. Focuses on the basic standing, sitting and supine positions, with introduction to breath awareness. Also suitable for students recovering from injury or illness, who require a gentle approach to the postures. Call Martha Laatsch at 483-6340.

☐ **Yoga Level I** with **Cathy King** through **Inward Bound** • Tuesdays, Sept. 10-Oct. 29, 9-10:30 AM **or** Thursdays, Sept. 12-Oct. 31, 5:55-7:25 PM. See listing directly above for description. Contact Cathy King at 517-592-8017.

☐ **Yoga Level I-II** with **Cathy King** through **Inward Bound** • Mondays, Sept. 9-Oct. 28, 6-7:30 PM **or** Tuesdays, Sept. 10-Oct. 29, 10:45-12:25 AM **or** Thursdays, Sept. 12-Oct. 31, 7:35-9:05 PM • Continued exploration of the beginning poses, while building strength, stamina and balance. Beginning inversions are introduced. Contact Cathy King at 517-592-8017.

☐ **Yoga Level II** with **Lynette Smith** through **Inward Bound** • Wednesdays, Sept. 11-Oct. 30 , 5:45-7:15 PM • Refinement of the basic postures. Attention to backbends and inversions increased. Deepening focus on breath awareness. Contact Lynette Smith at 995-0741.

☐ **Yoga Level II-III** with **Cathy King** through **Inward Bound** • Mondays, Sept. 9-Oct. 28, 4-5:45 PM • For continuing students with a firm grasp of yoga fundamentals. Broadens experience in the inverted poses and backbends. Contact Cathy King at 517-592-8017.

☐ **Yoga Level III** with **Martha Laatsch** through **Inward Bound** • Tuesdays, Sept. 10-Oct. 29, 5:30-7:15 PM • For those prepared to work intensively in forward bends, twists, backbends, and inversions. Advanced practice in coordinating strength, flexibility, balance and mental awareness. Contact Martha Laatsch at 483-6340.

☐ **Introduction to Astanga Yoga** with **Jonathan Tyman** through **Inward Bound** • Begins Sept. 14, Saturdays, 10:15-11:45 AM • Preparatory class for Astanga Yoga with emphasis on gradually building strength and stamina. Contact Jonathan Tyman at 996-4549.

☐ **Astanga Yoga** with **Jonathan Tyman** through **Inward Bound** • Ongoing class, Saturdays, 8:15-10:00 AM • Based on the classical Primary Series of sun salutations: standing poses, forward bends, and inversions. For experienced students. This is a drop-in class. Cost is $7 per class. Contact Jonathan Tyman at 996-4549.

☐ **Aerobic Yoga to Music** with **Barb Linderman** through **Inward Bound** • September 4- October 30, Wednesdays, 7:30-8:30 AM • This wake-up series of sun salutations and standing postures builds vitality and strength. Class concludes with restorative poses and savasana. This is a drop-in class. Cost is $5 per class. For more information, contact Barb Linderman at 971-8562.

☐ **Posture Series to Sacred Music** with **Barb Linderman** through **Inward Bound** • September 12-October 31, Thursdays, 4:00-5:45 PM. For experienced students, this class offers sequences of yoga postures integrated with chants and other sacred music. Especially appropriate as a supplement to a regular yoga class. To register or for more information, contact Barb Linderman at 971-8562.

NOTEWORTHY EVENTS TO COME:

•••**Speakers coming to the Church of Today this Fall**:

Pia Mellody on September 4th
Father Leo Booth on September 11th
Sonya Friedman on September 18th
Wayne Dyer on September 21st and 22nd
Joan Borysenko on Wednesday, September 25
Shakti Gawain on Wednesday November 6th
Alan Cohen on Wednesday, November 20
Og Mandino on December 8th

For more information about events at the Church of Today, call 810-758-3050. The Church of Today is located at 11200 East 11 Mile Road, Warren, Michigan 48089.

•••**Dimensions in Light Festival** -- A festival with 100 different vendors, psychics, crystals, aura cameras, gem stones and more. Sponsored by the Lighthouse Center. **Morris Lawrence Building at Washtenaw Community College on October 26, 11 AM - 7 PM. For more information, call Mary Cook at 428-7166.**

Background Information on the Teachers, Workshop Leaders, Lecturers and the Centers

Academy of Astrology is a not-for-profit organization dedicated to the teaching of astrological knowledge and the promotion of astrology as a tool for personal and social growth. Founded in l983, and based in Lansing, the Academy also offers courses in 6 Michigan cities, including Ann Arbor

Betsy Adams has 18 years experience with animals, including wildlife rehabilitation. She is a holistic practitioner & consultant using many energy healing methods.

Elizabeth Alberda, received her Masters Degree in Literature from Syracuse University. She has been involved in Bioenergetics work for 20 years, and has been doing Jungian dreamwork for 3 years. She has undergone shamanic training in power animal, extraction healing and soul retrieval.

Maurice Alberda, M.A., draws on his study and teaching of literature, Bioenergetic Analysis and shamanic studies in his Creative Integration work with individuals and groups. His life and work have also been strongly influenced by Carl Jung, Joseph Campbell, Jean Houston and Robert Bly.

Amrita has spent the last six years on retreat at Crazy Cloud Hermitage studying Vajrayana Buddhism and sacred music.

Michael Andes, MSW has led numerous programs and retreats for men. He uses ideas from traditional group process, medicine wheel teachings and other traditions (such as mythology and music), focusing on an integration of self/other and the natural world. Michael is a therapist in private practice.

Ted Andrews is the author of fifteen books and he has a national reputation as an author, storyteller and mystic. His books include: Dream Alchemy, The Healer's Manual, How to Uncover Your Past Lives, Sacred Sounds, Simplified Magic, Enchantment of the Faerie Realm, How to Develop and Use Psychometry, How to Heal with Color, and his most recent title, Animal-Speak: The Spirit and Magical Powers of Creatures Great and Small.

Ann Arbor Practical Psychic Institute Faculty include: ***John Friedlander***, a nationally known psychic teacher, reader, channeler, and co-author of The Practical Psychic; ***Diane Evans***, a psychic & channeler who is NLP certified; ***Ray O. Golden*** MSE, Reiki Master, who has also studied Esoteric & psychic healing, nutrition, Zero Point Process Therapy, intuitive reading & channeling; and ***Sue Remington***, an artist, public school teacher & channeler who teaches Tai Chi.

Khita Austin, CMT, a Certified Rolfer, has been in private practice for nine years and a practitioner in Pilates-based exercise principles for five years. Coming from an athletic, meditative and rehabilitative background, she has incorporated various schools of thought and life experience into her work.

Leland Austin, MA, a Certified Advanced Rolfer, has practiced Rolfing in San Francisco for 11 years, and he's also studied craniosacral therapy. His work has also been influenced by five years of training in Bodynamics, a body-oriented psychotherapy which was developed by Lisbeth Marcher, and which is taught at the Bodynamics Institute in Copenhagen, Denmark.

Mary Beam is an astrologer and teacher. She is a member of the Michigan Federation of Astrology and its executive council and the National Council for Geocosmic Research.

Betty Bishop has a Masters degree in Nutrition Education, and certificates in homeopathy and herbal medicine. She is also a student of traditional Chinese medicine.

Kristin Blackburn, MSW, is a psychotherapist who specializes in working with women regarding relationship, life transition, & family of origin issues, including childhood abuse and neglect.

Laurie Blakeney is a senior certified Yoga instructor with 18 years teaching experience & extensive training in India.

Patty Brennan is a midwife and health educator with thirteen years experience working with pregnant women and their families. She is co-author of Guide to Homeopathic Remedies for the Birth Bag and producer of the homebirth video Trusting Nature: Today's Traditional Midwife.

Barbara Brodsky is the founding teacher of Deep Spring Center. She has been practicing meditation since 1960 & teaching since 1989. Her teaching draws from dual roots in the Buddhist & Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life & teaching. Barbara is also a channel for the spirit, Aaron. She is married and the mother of three children.

Kapila Castoldi has practiced meditation under the guidance of Indian spiritual teacher Sri Chinmoy for over ten years. For the past six years she has lectured on meditation and spiritual practice throughout the Midwest. She is the director of the Sri Chinmoy Centre of Ann Arbor.

Dale Crayne, MA has been a teacher and consultant for 15 years. Her private practice involves all levels of personal growth—physical, mental, emotional and spiritual. Issues related to self-esteem, life transitions and life purpose form the core of her work.

Deep Spring Center for Meditation & Spiritual Inquiry is a non-profit organization directed by Barbara Brodsky, whose purpose is "to offer non-denominational spiritual teachings on non-duality, to teach and support the deepening of non-dual awareness through the practice of meditation."

Jonathan Ellis is a spiritual counselor and teacher. He meets monthly with people as their "spiritual director." This does not mean someone who decides a direction for you. He is a coach who helps people sort through their ideas and feelings about the spiritual path of their own choosing. His broad background includes serving as program director for Canterbuy House at the University of Michigan and as a planning consultant for the Edgar Cayce Foundation in Virginia. He currently lives in Ann Arbor and writes for the Deepak Chopra Newsletter. He also has a long-standing association with Crazy Wisdom Bookstore, both as a former owner and as a current and active member of its Board of Directors.

Diane Evans is a public school educator and personal growth counselor. She is certified in Neuro Linguistic Programming, and she also does psychic and channeled readings.

Linda Diane Feldt is an experienced instructor in the field of Holistic Health. A student of the healing arts since 1973, Linda Diane has had a full-time private practice & has been teaching in the field since 1981. Her formal credentials include Registered Polarity Practitioner, Nationally certified in Therapeutic Massage & Bodywork, Certified Massage Therapist, completed Beginning & Intermediate Craniosacral Therapy with John Upledger in 1981, & completed an apprenticeship with Susan S. Weed in 1989.

Lori Fithian has played various forms of drums and percussion for as long as she can remember. She has worked with Ubaka Hill, Nuru, Babatunde Olatunji and others, and is currently sharing rhythm and drum techniques with the womyn's drum orchestra "Drumwomon." She is available for private and group lessons.

John Friedlander is a nationally recognized psychic teacher, reader, and channeler. He co-authored The Practical Psychic. He studied with Lewis Bostwick, founder of the Berkeley Psychic Institute and was part of the original Jane Roberts Seth group. He graduated from Harvard Law School and practiced law for over a decade.

Gelek Rinpoche, incarnate lama from Tibet, was directed by the junior tutors of His Holiness the Dalai Lama to teach the dharma to westerners.

Norma Gentile, B.M., M.M., is a professional singer and trained auric healer who specializes in the music of Hildegard von Bingen. Her concerts, workshops and recordings reflect her passion in bringing music from the inaudible realms into the physical world for healing purposes.

Nanci Rose Gerler is a psychic, channel and intuitive healer. Her practice, Crystal Clear Expressions, is located in Ann Arbor.

Ray O. Golden, MSE, is a Reiki Master trained in the traditional Japanese manner by Dr. Gabriel Cousens. In addition to his studies with other Reiki Masters, other important teachers include Dennis Adams, Olga Misserva, Dr. Dan Casriel, John Friedlander and Barbara Brennan. He is also a teacher with the Ann Arbor Practical Psychic Center.

Cynthia Gormley has been a therapist specializing in mind/body techniques for the last 11 years. For the last five years she has intensively studied the transformative techniques of Vajrayaṇa Buddhism.

Alice Greminger is certified by the Alexander Foundation of Philadelphia, and has been teaching Alexander Technique since I985. Her experiences as a performer and teacher of cello, and training in T'ai Chi and Neuro-Linguistic Programming, add to her work as an Alexander teacher.

Nina Howard, CMT, studied massage therapy at the International School of Professional Bodyworkers in San Diego, is a Polarity therapist, and is a certified trainer of the Belavi Method.

Inward Bound *consists of* **_Cathy King, Martha Laatsch, Barbara Linderman, Lynette Smith, & Jonathan Tyman._** Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions & teachers. All classes emphasize integrated breathing techniques & include a period of relaxation.

Jewel Heart is dedicated to the preservation of Tibetan Buddhism and to the practice of its rich tradition within the context of contemporary life. Jewel Heart sponsors public talks and teachings by its spiritual director, Gelek Rinpoche. Meditation instruction, retreat weekends and Lam Rim teachings are also scheduled throughout the year.

Gurudarshan Khalsa is a co-founder of the Detroit Men's Wisdom Council and has been active in men's work for many years. He is a wholistic family physician, a yoga teacher for 25 years, a father, a playful trickster, and a pretty mean dancer.

Cindy Klement is a certified iridologist, nutritional consultant, herbalist & health educator practicing for nearly 17 years. She is featured frequently on TV, radio & in the Detroit News.

Kami Landy is organizer of ConVocation, the annual gathering sponsored by Magical Education Council of Ann Arbor.

Parang Geri Larkin, Ph.D. is president of Strategic Thinking, and an ordained Dharma Teacher. She is also the author of the recently published book, Bad Hair Days: A Memoir, which is available in the *Work and Right Livelihood* section at Crazy Wisdom Bookstore. . . .

Magical Education Council of Ann Arbor includes persons with experience in many esoteric, mystical & occult traditions.'

Lynn Malley has been leading people in chant for over 30 years. She is head of the Music Department at Grailville, an ecumenical, multinational center for women. She resides in Ann Arbor, where she has lived since I979. She has organized many singing groups and served as guest conductor for the Comic Opera Guild, as well as having a CD published titled A Women's Celebration of Chant and Harmony.

Laura Massaro, MA has twenty years experience with music, the arts and healing. She is a facilitator for The Artist's Way as well as for creative writing groups. She also teaches songwriting, both privately and at Washtenaw Community College.

Jeff McCabe is a certified Kripalu Yoga instructor. He also runs a residential remodeling company and enjoys gardening, cooking and exploring issues of men, masculinity and mindfulness.

Susan McDonald, ACSW has led several **Artist's Way** groups for professionals and non-professionals in the Ann Arbor area. She is involved in the arts herself, and follows the practices described in the book. She is a therapist in private practice in Ann Arbor.

Richard Miller has 20 years experience in traditional Chinese martial arts. He trained in Taipei, and also at the Adam Hsu Kung Fu School from I979-I991.

Kathleen Moore, C.M.T. is a vocalist & has taught voice for 15 years. She is a certified music therapist, and a member of National and American Associations for Music Therapy, and also a lecturer in music composition at the U of M Residential College.

Brenda Morgan, Ph.D. feels herself to have been blessed with intuitive and psychic gifts. These arose during her spiritual unfoldment in which "the Truth Within was Realized."

John Morris , **Ph.D**. has seven years experience in shamanic workshops, 40 hours of training at the Institute for Shamanic Studies, and is a Philosopher & Wiccan priest.

Rebecca Mullen, MSW has over 20 years of experience at the University of Michigan doing psychological counseling of students. Her background includes Gestalt work, breathwork with Stan Grof, and Jungian dream work.

Sukha Murray was trained to teach yoga by the Sivananda Yoga Organization & has been teaching for 20 years. She has been a Dharma Teacher & the Resident Priest of the Zen Buddhist Temple in Ann Arbor for 10 years. She has taught introductory meditation & led retreats locally & in Toronto & Chicago in a variety of settings.

Janet Nagy was told to "take healing to the people" during her vision quest. She is an elder, healer and ceremonialist. She is a graduate of the Barbara Brennan School of Healing and holds a BS in Nursing and a Masters Degree in Health Care.

Paramita Nathaniel Needle, Ed.D. is a Dharma Teacher of the Buddhist Society for Compassionate Wisdom under the direction of Venerable Samu Sunim. He has been practicing and studying alternative approaches to education for over 20 years.

Howard Nemon has been practicing meditation and yoga disciplines for the last 24 years. In I975, he received formal training in Benares, India, and he worked for 18 years as a yogic monk.

> I am not, and never have been, the guiding hand in my life. Something — what, I do not venture to say —has prevented what I thought I wanted to do and pushed me into what I eventually did.
>
> —Edith Warner

TEACHERS, LECTURERS, WORKSHOP LEADERS cont'd

Lynn Peterson is a professional school teacher, and a teacher of astrology with nine years experience.

Carol A. Plummer, MSW, ACSW has specialized in sexual abuse issues for the past twenty years.

Diana Pointer is an intermediate-level, certified Iyengar instructor. She has been teaching since l975. She was trained at the Iyengar Institute in Pune, India, where she underwent personal training with B.K.S. Iyengar.

Pranama is an American-born meditation master who teaches at the Crazy Cloud Hermitage. Pranama offers the powerful practices and skillful means of the great Tantric lineage of Padmasambhava.

Ann Rappaport teaches TM, is the chairman of Ann Arbor's Transcendental Meditation Center, and is a long-time city resident.

Sue Remington is an artist, public school teacher and channeler. She also teaches T'ai Chi.

Jesse Richards' wholistic vocal training is the synthesis of her life long study of voice, human development, spirituality and dance. She has taught voice privately for 15 years, as well as toured nationally giving workshops on freeing the voice. She has released 8 recordings of original music on the ISIS label and is the Artistic Director of the performing arts ensemble Sister Earth.

ShuNahSii Rose is a practitioner & teacher of earth-based spirituality. Her roots in this work trace back to her early childhood under the guidance of her maternal grandmother. Since 1979, ShuNahSii has been studying the stories, songs, dances, healing practices, & spiritual ceremonies of earth-based people. She is also the founder & director of Changing Women--A Center for WomonSpirit since 1990.

Ann Schoonmaker, Ph.D. received her doctorate in theology from Drew University, and has also received clinical training at Blanton-Peale in New York City. She has been exploring the rich territory of transpersonal psychology and spirituality for over 30 years. She is the author of <u>Me, Myself and I: Every Woman's Journey to her Self,</u> as well as <u>The Devil with James Bond.</u>

O. Andrew Schreiber, a percussionist for 24 years, has studied world rhythms since childhood. He has led numerous workshops & classes for adults & children, focusing primarily on African & Afro-Caribbean rhythms.

Sara Schreiber,Ph.D. has a doctorate from the University of Michigan in Counseling Psychology. She has extensive Psychodrama training with Dr. Jacob Moreno, & also in off-Broadway improvisation & theatre. She is in private practice in Ann Arbor specializing in psychodrama, group therapy, & marriage counseling.

Matruka Sherman has been a professional astrologer since 1973 & is a member of the NCGR & AFAW. She has been in private practice for over 20 years & teaches both group & private instruction. She also teaches meditation.

Audrey Simon has been a massage therapist for 18 years. She is in private practice, & is a certified infant massage instructor.

Majid Simonds, a student of various forms of meditation & spiritual practices for over 20 years, has been a "representative" (teacher) of Sufi techniques & the Dances for 10 years.

> *In life we cannot do great things. We can only do small things with great love.*
> *—Mother Teresa*

Nancy Steel is a Reiki Master & practitioner, musician, teacher and mother of two. She has 21 years experience teaching all ages. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Ema Stefanova has taught yoga since 1979 in Europe & the U.S.

Cheryl Stereff has been engaged in many facets of bodymindspirit education, cross cultural shamanic experience and womyn's spirituality. She has taught and had a private bodymind practice in the Ann Arbor area since l980. She is internationally certified in Therapeutic Massage, Postural Integration and Process Acupressure

Susan Wolf Sternberg, MSW is a psychotherapist at Tapestry Counseling Center and has 20 years of experience working with individuals and groups. She is a survivor of advanced terminal cancer. For the last 4 years, she has worked intensively with people with life-threatening illnesses.

Judy Stone, MSW, CBT is the founder and director of Feeding Your Whole Self™. She has been weaving together Bioenergetics, food and healing, natural foods cooking and relationship-with-food issues for 16 years, and is currently working on a book on what she's learned so far.

Villabeth Taylor has been a bodywork practitioner since l979. Her practice includes therapeutic massage and the Trager® approach to movement re-education. She is certified in both modalities.

Sabrina Thomas has been involved professionally with food preparation for ten years. Currently she is the owner/operator of Open Sesame Personalized Chef Services, and has been the head chef at Hillel of Ann Arbor.

Earle Timberlake, a registered Massage Therapist, is one of only ten AMTA-approved Continuing Educators in the U.S. He developed and has been teaching Somatic Release in Clinical Massage for over ten years to hundreds of bodyworkers throughout the U.S. and Canada.

Marcia Vincent has studied with Dawn Hayman, the only associate of <u>Animal Talk</u> author Penelope Smith. She owns an heritage livestock farm, is certified in equine and canine massage, and is a student at MSU in Horse Management.

Jeanie Wayker has been involved with the Gurdjieff-Ouspensky *Fourth Way School* for many years.

Suzy Wienckowski is a Reiki Master & practitioner, & a registered massage therapist with 16 years of experience in the healing arts. She has taught massage therapy for 9 years at massage schools in Washinton, D.C. and Ann Arbor. She teaches traditional Usui Shiki Ryoho Reiki and is a member of The Reiki Alliance.

Suzanne Willets-Brooks is a performer, teacher and choreographer. Her background includes a rich variety of experiences in Dance and Drama as well as a life long study of the healing arts.

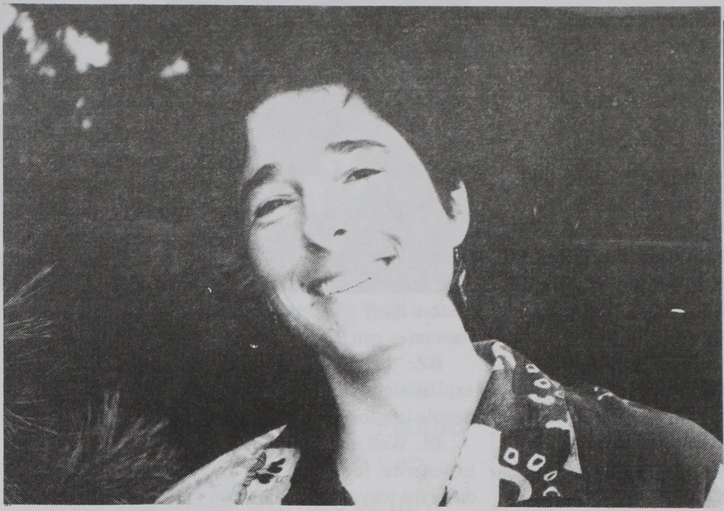
Betty Younger, CSW has used and taught "creating skills" for over six years. She is a psychotherapist in part-time private practice, and she teaches at Schoolcraft College.

Wasentha Young has studied T'ai Chi Ch'uan for 26 years. Some of the most prominent instructors who studied under Yang Chang-fu and Chen Man-ching are her mentors and have helped round her understanding of this art

Zen Buddhist Temple offers meditation and yoga classes, as well as retreats, lectures and Sunday services. Classes and retreats are led by ***Reverend Sukha Murray,*** Resident Priest, who has been teaching yoga for 20 years and meditation for l0 years, and ***Geri Larkin*** and ***Nathaniel Needle***, ordained Dharma teachers.

The Crazy Wisdom Interview — Judy Stone on Bioenergetics, Food and Feeling

[Editor's Note: Judy Stone has been working in Ann Arbor as a Bioenergetic therapist for a number of years. In recent years she has synthesized her 20 year professional background in cooking and natural foods with her therapy practice. She's become an expert on the complex interplay between food and feeling, and her thinking on the subject has evolved and sharpened to such an extent that she is now writing a book on the subject. What comes across in the interview is Judy's original and richly textured perspective on the energetics of food. I caught up with her on a warm Spring night, and what follows is a transcript of my interview with her.]



I want people to understand that food has a very energetic basis, it's alive, it has a life force, it has vitality, and those qualities interact with our energetic nature.

Bill Zirinsky: So, Judy, you've been doing bioenergetics work for fifteen years?

Judy Stone: Fourteen years, Bill.

BZ: A few years ago you started a program **Feeding Your Whole Self (FYWS).** In some way your bioenergetic work as a therapist is directly related to it. What is Feeding Your Whole Self?

JS: FYWS is a program that is based on the recognition that our relationship with food reflects the state of nourishment of our body on all our levels — physical, emotional and spiritual. It offers a range of programs which support personal transformation for people through working on their relationship with food and their relationship with their body on all those levels. So I offer cooking classes, I offer whole foods education, I offer a program called **Diet for the Soul,** which is psychological/spiritual program for change. My goal is to expand people's thinking and understanding about their relationship with food beyond looking at food quantitatively, and to see it in a broader perspective.

BZ: That sounds really interesting to me, Judy. A number of years ago I read <u>Fat is a Feminist Issue,</u> which was a widely discussed book in its time, about the relationship of food to emotional issues. It sounds like FYWS is about getting to the heart and soul of food's relationship to one's emotions and psyche.

JS: It is very much that, but it also has another element, which for me is something that's developed in the few years, and that's that the quality of the food we eat itself has a profound effect on our relationship with food as well as our emotions, our physical well-being, our spiritual well-being. When I first started off doing this work it was coming from the direction of our emotional state affects what it is that we do with food and waht I've come to in the last few years, and added, is the other side of that equation, which has to do with how bioenergetics is related to the work that I'm doing with food.

BZ: What do you mean by the other side of equation?

JS: One direction in the equation is what's going on emotionally affects what we do with food. The other side is what we're eating, what we do with food very much affects our emotional, physical and spiritual states. So that what I'm trying to do, as well as helping people work with their emotions and how that relates to food, I also want to teach people about how food affects emotions and how food affects physical and spiritual well-being.

I think in the last few years quantum physics has really contributed to our understanding of the energetic nature of life and FYWS and Bioenergetics both very much incorporate an energetic paradigm for looking at food and our relationship to it. For me, looking at food energetically is just an extension of my bioenergetic work which of course is about looking at our emotions, our personality, our body structure, looking at our physical health in terms of energy and where energy is held in the body, and finding ways to support the free-flowing pulsation of energy , that reflects a state of health.

BZ: How does your bioenergetics figure into this?

JS: Bioenergetics gives us a way of understanding the connections between emotions and body, between mind and body, by working with the energetic nature of the organism. It is through the pulsation of energy in the body or the restriction of pulsation of energy in the body, that our mind and body is either connected, or disconnected.

BZ: Over the years I've read Alexander Lowen's writings, and he's written about reading the body. Do you read people's bodies when you're working with people.

JS: Yes, because the body really tells a story of what a person's history is emotionally and it tells us something about the kinds of defenses the person has had to develop to survive in their particular family, and it gives information about how any one person meets the stresses of his or her daily life.

BZ: And you can see that in the way a body is, you can see that in someone's walk or posture?

JS: Yes, now I don't walk down the street or go to a party and think about those things when I look at a person, but when I'm working with somebody in a therapeutic setting, then that's the information that I get, combined with my interactions with them; but there are some predictable behaviors, or particularly predictable behaviors under stress, that are evident from the structures of someone's body.

BZ: Obviously, many of the readers of our Crazy Wisdom Calendar understand what bodywork is. But a tremendous number of people I meet really don't undertstand what is meant by the phrase bodywork, or what bodymind therapy is. Last year, I was on a plane to San Francisco to attend the International Somatics Congress, and I explained to the passenger next to me that I was going to a bodywork conference, and it took a few minutes for me to unravel that my neighbor on the plane thought that I was perhaps going to a body-building conference.

Lowen, who founded Bioenergetics, came out of being taught by Wilhelm Reich, and it is Reich's work, passed down to Lowen, and to others, which has evolved in the last twenty five years into what we call bodywork. Reich is the grandfather and the lineal descendants include Rolfing, Feldenkrais, Lomi, Trager work, Hellerwork, Core Energetics, even Watsu. So, Judy, can you describe in understandable terms what bodymind therapy is really all about?

JS: Well, as you know, Reich was a patient of Freud's, so it really is a connection with the roots of psychotherapy. What Reich wanted to understand...you know Freud came up with idea of symptom conversion, the idea that a psychological symptom could be, that a psychological problem unresolved could be connected to a physical symptom. And what what Reich attempted to do was answer the question of how that happened; what was the mechanism by which that happened and what he posited is that it happened through the energetic system, meaning the energy in the body that's generated both by metabolism and by respiration. And now of course we know that

The Crazy Wisdom Interview with JUDY STONE on Bioenergetics, Food and Feeling (cont. from page 17)

> I want to give people alot of information about the nature of food and how to prepare it, and then I say to them "forget everything you've learned and trust your body."

there's alot more sources of energy— we take energy in from the sun and from light and from people around us. But Reich was basically working with respiration and metabolism, and that that energy pulsates in the body much like alternating electrical currents.

Reich's thinking was that when there is emotional trauma or stress that we face, if we are not supported in expressing and resolving whatever that dilemma is, what we do is contract muscle to stop the pulsation of energy in the body and that puts the feeling that is putting us under stress out of consciousness. If over the long term, we continue to face similar kinds of stress, we keep contracting those muscles and eventually the contractions become involuntary and they stay structured in the form of the body. And you have to understand that this is happening, we're talking about early infant and childhood development so this is happening simultaneously with muscular and skeletal development of the body.

It's much like if there's a wound in a tree, the tree continues growing, it kind of grows around the wounding, so what happens to us if there's wounding that's unresolved, the body forms and takes a structure which incorporates the wounding. It incorporates the holding in the body, and depending on the type of trauma and the developmental phase that it happened in, the body takes on a particular structure which is why a bioenergeticist or anybody who is trained in a particular kind of bodywork can look at the structure of a body and make some fairly reasonable assumptions about the kind of wounding that happened.

Now this is a little bit of a simplistic explanation, obviously, because everybody has a different configuration, and different levels of trauma, and different traumas which happen at different times so nobody is just a pure type. But we have some pretty good ideas of consistent patterns that we see over and over again, and those give us some indication of what that person's woundings were, and what their defense mechanism are. Defense mechanisms are just the kinds of behaviors we fall back to that feel like survival mechanism when we're under stress.

So bodymind therapy is based on the idea that once there's holding in the body like that, once there's what we call armoring in the body, oftentimes wounding that created that holding is very much out of conscious awareness of the person. That's the purpose of body armoring — to put something which felt intolerable to the child out of their awareness so they didn't have to grapple with it. So body-oriented psychotherapy is based on the idea that because something is out of consciousness it frequently can not be retrieved or worked on through the conscious mind. It has to be gone after through another route and that route is by working with the holding in the body, and by working very slowly to soften the holding in the body, and allowing the energy flow which was stopped to restore itself. The unconscious issues, feelings and memories can then come into consciousness.

BZ: Judy, that was a really excellent and precise explanation of what bodywork is. Thanks. Do people use food to store, or keep down feelings?

JS: Well, that's a good question. In my experience, food interacts with this in a number of different ways. One thing that happens is that sometimes an energetic charge will get moving in the body, which means that a person is going to experience some feeling sensation; they may experience that as a conscious emotion or they may simply experience the physical sensation of energy, and it hasn't come to consciousness and hasn't been identified as a feeling. But if at some level that energetic moment is anxiety-producing because it is connected to a feeling, that can trigger a desire to eat. It's not even conscious at that point, as "I'm angry so I'm going to eat," but it just may be some physical sensation in that body that may be connected to anger, but a person will eat in response to the physical sensation just to keep it from happening.

BZ: Is it energy or tingling in the body and we're uncomfortable with it so we want to stifle it?

JS: Stifle it, yes, exactly. One of the things that happens developmentally in healthy development, part of what happens to the infant and the child is that as the body grows and the tissue develops we learn to tolerate greater and greater amounts of energy. Tolerating the sensation of energy on the physical level correlates with learning about new behaviors or learning cognitive skills or learning to handle emotions at the mind level. So if we've grown up having to shut off our energy and our emotions, our tissue doesn't have the capacity to tolerate the sensation of feeling.

So part of the process of healing work in therapy is learning to what-we-call "deal with feelings" but on a body level our tissue has to develop the capacity to deal with feeling; so eating often is stimulated by the sensation in the tissue that we haven't developed the ability to tolerate...that's one thing that stimulates eating. Another thing is that oftentimes when people are contracted at the body level they don't have alot of feelings and sometimes the sensation of food going down, feeling stuffed, or throwing up, or any of those things related to overeating or eating when we're not hungry can be simply to *get* feeling, to *get* sensation when we don't have any.

BZ: Moving in a somewhat different, though related, direction, how do your cooking classes differ from regular cooking classes?

JS: One thing that I try to do in my cooking classes is to shift people's awareness from seeing food as a quantitative thing to understanding it more qualitatively. What I mean is this — traditional western medicine tends to see food as its component parts, grams of fat, numbers of calories, or grams of sodium, and so on. I want people to understand that food has a very energetic basis, it's alive, it has a life force, it has vitality, and those qualities interact with our energetic nature. So what I want to do is give food a little life and dimension. I want to shift people's understanding of food.

BZ: With the discussions of food as a life force, etcetera, do the cooking classes end up being any fun?

JS: Everybody seems to think they're fun. You might even like them, Bill, if you were willing to stop spending so much of your time at Steve's Lunch. This information kind of comes across through lots of conversation, questions and answers, but the classes are lively. They have a real community spirit of sharing, the food is good — people sometimes have concerns that vegetarian or vegan food won't be interesting or varied. But it can be interesting, varied and tasty. It leaves us feeling more energetic and alive than meat-based food will.

BZ: What about chocolate. Can one still eat chocolate if you're eating healthily and taking into account the energetics of food? I eat two Reese's Peanut Butter Cups a day!

JS: I don't think there's any food that people should or shouldn't eat. I don't have rules about that. I try to teach people, I want to give people alot of information about the nature of food and how to prepare it, and then I say to them "forget everything you've learned and trust your body". We have so much nutritional information coming to us today in newspapers and magazines, and people are just overwhelmed. I think information is important, but it's really become a substitute for intuition and inner wisdom. I want people to have the information for the purpose of being able to interpret their inner wisdom, not replace it.

In fact, I believe there are foods that serve us, foods that don't particularly and food that harm us, but I think which foods are which is different for each person and each of us has to take responsibility for sorting that out for him or herself, through intuition and information.

BZ: What are **Diet for the Soul** classes about?

JS: I would describe it as both a psychological and spiritual approach to personal transformation through working with your relationship to food but that the emphasis for me is that our relationship with food is like the white rabbit that takes us down the hole in Alice in Wonderland. It leads us on the process of discovery. To me the purpose is personal transformation and the relationship with food is the vehicle.

BZ: Can any of the classes help someone to lose weight?

JS: Often people do lose weight. It may not happen in the same time frame somebody would lose weight with Suzy Power or Jenny Craig. What I try to do in **Diet for the Soul** is help shift people's focus away from evaluating themselves by how much they weigh or the shape of their body and to help them to look at the broader issue, of nourishment in their life. Food is a metaphor for how nourished we are or are not.

So what we find is that when people come in to a program like **Diet for the Soul** they may come in thinking "I'm here because I want to lose weight" but I think that begins to take a different place in their thinking, not that people think "Oh, great, I love having fifty extra pounds," but that people begin to see that fifty extra pounds in a more compassionate or understanding light.

They become more willing to explore the meaning of it instead of just banishing it. But my hope is that combining cooking and food education, Bioenergetics and Diet for the Soul, will support people in both personal *and* physical transformation at whatever pace is right for them.

BZ: In your estimate, is coming to a more compassionate view of oneself if one is overweight an important element in sensibly dieting?

JS: Absolutely. I think it's an essential element. But ironically, often weight has nothing to do with it, I mean it isn't just so-called overweight people who lack self-compassion in the realm of food and body. Also, I need to comment that I think we ought to get rid of using "diet" as a verb —I think it makes it an activity we get preoccupied with and we lose sight of the real issues.

BZ: So then that ties in directly to self-esteem issues, and nourisment issues in the physical sense, but also in the emotional sense of nourisment.

JS: I think what people begin to find in **Diet for the Soul** is that self-esteem and self-fulfillment and self-love don't come from how much we weigh; they come from having compassion for ourselves, a sense of connection with our body, a capacity to live from the heart. We feel good about ourselves when those things happen, and when those things happen we tend to change our relationship with food. If we're above, or even below, what our natural weight is, then we just naturally self-regulate.

BZ: Are there any men in your classes for **Diet for the Soul?**

JS: I have not had any men in my **Diet for the Soul** classes yet; for some reason, it seems to appeal more to women.

The primary way that most people have of cutting off feeling is holding their breath. People become very aware of how much time they spend holding their breath in day-to-day living.

BZ: What about the cooking classes. Do men ever sign up for them?

JS: I've had men in the cooking classes, and all the men who've been there have thoroughly enjoyed themselves. In fact, Bill, if you were willing to learn how to cut a carrot, you'd probably love the cooking classes.

BZ: Well, I'll work on that, Ms. Stone. You've led a bioenergetic exercise class in Ann Arbor. I took it at one time, for a few years, and I enjoyed it thoroughly. Your bioenergetic exercise classes are a good way to get an introductory feel for some of the bioenergetic principles, and to actually get some practice at releasing energy, in the bioenergetic sense.

JS: I think the exercise groups are a wonderful for people to begin to explore connection to their body and to learn some tools for doing that on their own. It's also a good way for people to begin to sense where they hold in their own body and to experience the contrast between when their energy is moving freely and when it's stuck, and then they have that awareness in their day-to-day life.

BZ: What I enjoyed about the bioenergetic class was that some postures we'd be in would get energy flowing in unusual ways, creating physical sensations I wasn't used to feeling. They were fairly easy-to-do postures and movements, so actually I found it very pleasurable to both do the postures and to give sound to some of those postures, and to give voice to my breathing.

JS: Well, in the classes we work with expression, vocal expression and deepening breathing because the primary way that most people have of cutting off feeling is holding their breath. Most people find they become very aware of how much time they spend holding their breath in day-to-day living.

BZ: I used to walk out of class with extra charge in my body. Is that pretty common?

JS: Generally people will say that they feel quite energized. Often, if they've been feeling depressed, it can relieve depression or help them sleep better, and it really helps people bring more attention to their body so they carry that consciousness for the rest of the week and have more sense of when they're beginning to cut off from their body under stress.

BZ: You're a certified bioenergetic therapist, is that right?

JS: Yes.

BZ: What did you do in order to be certified?

JS: I went through a four-year certification program and then two years of supervised work and an examination.

BZ: There are specific places around the country where one can be supervised to be a bioenergetic therapist, including "The Barn" as it is called, in Rochester, Michigan. Right?

JS: Yes, there is an International Institute for Bioenergetic Analysis in New York that develops the basic curriculum and sets the standards and then there are institutes around the country, all over Europe, in Canada, and in South America. You can read about or take workshops in bioenergetics, but to be a certified bioenergetic therapist one has to be certified by an organization which is tied in directly into the International Institute for Bioenergetic Analysis. Also, in order to be certified in bioenergetics, you need to have a clinical degree in a counseling field, and one of the ways that bioenergetics is different from some other kinds of body therapies is the integration of psychotherapy with the bodywork itself.

BZ: Thanks, Judy, I could continue asking you questions for another hour, there's so much depth to what you're doing, but we don't have enough space in the Calendar. I apologize if I'm just skimming the surface. In exchange for the interview, Judy, I wonder if you would take me to the Earle and buy me a flourless chocolate torte. (*Editor's Note: Interviewer was rendered hopelessly desperate for chocolate by all the talk of food and feeling, and his attempt to barter for chocolate was in no way sanctioned by The Crazy Wisdom Calendar.)*

JS: Absolutely, Bill. I appreciate your having done this interview. But why don't we try a little breathing first.

BZ: Aaaaahhhh (lets out a deep sigh) Thanks, Judy.

JS: Thanks, Bill.

(The interviewer is still holding his breath waiting for his just desserts.)

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Every now and then, life takes us in a big leap forward, sometimes, it seems, by the scruff of our necks.
——Molly Young Brown

Balancing Psyche and Spirit

by Michael Andes and Jonathan Ellis

Your spiritual journey winds through and beyond your emotional stresses. In the following dialogue, a spiritual counselor and a psychotherapist both urge you to take heart.

Jonathan Ellis: Many people who come to me for spiritual counseling have already worked hard on their psychological issues and have made real progress. Yet they may still feel that something is missing, or at least that they want to do more.

At this stage we begin to work together on developing a spiritual understanding. But then I notice a recurring phenomenon. Even after people have a conscious awareness of their true spiritual identity, their psychological issues do not disappear. This is sometimes a surprise to them, but it is not a surprise to me.

Few people would think that after attaining some spiritual awareness, it would no longer be necessary to get physical exercise of some kind, to keep the body in healthy shape. So, too, with the psyche.

If we have a tendency to carry physical tension in one part of the body, then of course it is important to make sure that area is regularly cared for. If our psyches have a tendency to hold emotional tension when particular circumstances arise, we need to acknowledge that reality as well.

I find that spiritual work significantly diminishes tension generally. But no matter what the degree of tension, it is likely to follow a particular pattern, both in our bodies and in our psyches. So, my clients in spiritual counseling sometimes report that "old issues" are coming up for them at a time whey they thought that their psychological stresses had been removed by their spiritual perspective.

At that point I often say that while we are souls whole and complete, our body and personality involve limitation. This means that, for most of us, on-going work on the body as well as the psyche is important.

Michael Andes: In my psychotherapy practice, I have heard the same kind of reports. There is a dualistic structuring of these two concepts, spirituality and psychology. Many people think of these two worlds as not only separate but antithetical. It's like saying I'll go to a service on Sunday and visit my shrink on Wednesday, and the two don't really have much to do with each other.

Yet they are as interconnected as the body and the emotions, as inter-connected as the nervous system and the circulatory system. There is no such thing as mind separate from emotions, separate from the body, separate from sexuality, separate from spirituality. Each of us is a package deal.

One reason for unsatisfactory outcomes in both therapeutic and spiritual counseling is that when people attend to one area and not the other, they lose their balance, like a bird flying on one wing.

In psychological work, the goal is the mountaintop, except the work involves more directly cutting away at the underbrush that obscures the view of the mountain. We need effective ways to cross the swamp or the desert that lies between our current state and the state we aspire to.

Both spiritual and psychological paths, when skillfully and persistently practiced, interconnect and ultimately take us to the same place, the top of the mountain.

A problem in spiritual work occurs when people head for the mountain without respect for the interference (the underbrush) that stands in the way. A problem in psychological work occurs when people are under the illusion that there is no mountaintop, just a lifetime of struggle with no end in sight.

Jonathan Ellis: Let's take an illustration of how this might arise in a particular situation. A person comes in for spiritual counseling and says, "I want to be happy; I do not feel happy now." I would say to them that happiness is our natural state and I help them to move their awareness to the place where they are already happy.

As a person decides to believe that they are already happy, they are in touch with their true identity. As they begin to express the happiness they already have, rather than trying to look for circumstances to produce happiness, their life changes significantly.

Then a situation arises where one of their psychological patterns comes into play. Perhaps it's visiting a parent on a holiday. The person might find him or herself caught up in patterns that trigger unpleasant emotional states.

When I next see this person for spiritual work, they might report surprise that they are still subject to such a dynamic. I would then say that it is important both to reaffirm their basic spiritual belief and to recognize that stress is likely to trigger whatever psychological patterns they have.

Stress of any kind, physical or emotional, can be understood as the result of resistance. A spiritual perspective will create far less resistance and therefore less stress and therefore less tension. I try to honor those moments when a person is understanding and affirming their spiritual reality, as well as those other moments when they are working through a pattern of tension.

I believe the purpose of life is to express our wholeness and completeness. We do this by loving each other in all the ways which life presents us. But if a person says to me, "I know I am whole and complete, and I can't understand why my parents' nagging still annoys me," I say to them, "This is not unusual." "We express our wholeness and completeness through the integrated body/mind. Gradually your resistance will decrease as you deepen your awareness of your true spiritual identity."

Michael Andes: The difference between spiritual and psychological work shows up more in the way people talk about themselves than in the way they actually are.

For example, psychologically healthy people will evidence such qualities as equanimity, ability to accept personal responsibility and skillful functioning in their work and relationships. They have the ability to see choices and possibilities now and in the future. They usually have a deep feeling of connection to nature and to the world overall.

Spiritually healthy people can be expected to evidence the same qualities. The difference is not so much in their experience but in the way they describe their experience. People on a spiritual path are more likely to use language reflecting that: God, enlightenment, Infinite Intelligence, the Great Spirit, and so on. They also constantly deal with the same areas that concern therapy clients: feelings, relationships, unfinished business from the past, purpose, meaning, and the great archetypal occurrences in life.

Jonathan Ellis: No matter your psychological state, you are a spiritual being right now. Your emotions are dynamic; they are constantly changing. If you learn your emotional patterns, you can work with them. Spiritual work and psychological work complement not replace each other.

Michael Andes and Jonathan Ellis have individual counseling practices in Ann Arbor. Andes is a licensed clinical social worker focusing on emotional and spiritual healing. Ellis is a spiritual counselor working with people who are on an independent spiritual path.